

Summer 2010

Colchester CONNECTION

The Official
Publication of
the Town of Colchester

www.colchesterct.gov

Adult Education | Assessor | Cragin Memorial Library | Finance Department | Fire Department
Health Department | Parks & Recreation | Planning & Zoning | Police Department | Probate Court
Public Works | Senior Center | Sewer & Water | Tax Collector | Town Clerk | Youth & Social Services

Norwich Bulletin
NorwichBulletin.com



**Featured
this
issue:**

**Cragin Library Increases Services
Through Regional Network**
page 8

**Health Dept Ensures Food Safety
at Summer Events**
page 12

**Youth Services Merges With
Social Services For Improved
Community Access**
page 53

We'll Pay You To Use Other Banks ATMs.

We'll credit your account up to \$15.00 a month to use other banks ATMs, even our competitors.*

With just a \$100.00 deposit to open a RockEZSM Electronic Checking you get:

Free ATM use — up to \$15.00 per month

Free checks — first order personalized, basic

No monthly service fee*

No minimum balance

Unlimited check writing — **no per-check fee**

Access your accounts right from your cell phone. Or visit a branch wherever you live, work or shop. **Call 860-291-3600** or 800-871-1859 and a person, not a machine, will answer. Or visit **www.rockvillebank.com**.

Free Internet Bill Payment Service

Free Electronic Statements

Free “going green” all purpose tote bag — while supplies last.*

Rockville Bank

Connecticut's Best Community Bank | ***That's My Bank!***SM

*RockEZSM Electronic Checking must utilize Electronic Statements. A \$10.00 monthly fee is charged if electronic statements are not signed up for or cancelled. Deposit accounts closed within 3 months of opening will be charged a \$10.00 fee. The Non-Sufficient Funds (NSF) or uncollected funds charge for this account is \$27.00 per item. Limit one gift per account.

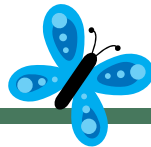


Where in the World is Colchester Connection?

To take part, simply take a picture of yourself displaying a copy of the Colchester Connection brochure in any interesting location, and submit it to our department (digital or hardcopy.) All submitted pictures will be posted on our website photo gallery. For each issue of the seasonal program brochure we will submit a handful of particularly interesting submissions for inclusion in our brochure. All submissions that wind up in our brochure will receive a \$10 house account credit to be used towards any Parks & Recreation registration. So, break out those cameras, get creative and have some fun! Be sure to take a copy of our brochure with you whenever you travel, as you never know when a great photo opportunity might arise...



In this photo:
Tara Kowalski of Colchester with the winter version of the Colchester Connection in Punta Cana, Dominican Republic



On the Cover:

Colchester's Memorial Day Parade, held on Sunday, concludes with this touching flag raising ceremony that reminds us of the many men and women who have selflessly given of themselves for our Country. The Veterans of Colchester work for months to coordinate a day that brings us together as a town.

Their tireless dedication and spirit encourages us all to make the world a better place. The Flag Ceremony is held at the conclusion of the Memorial Day Parade on the Veterans' Green and everyone is welcome.

Photo by Leann Hill

Colchester's Annual Memorial Day Celebration will be held on May 30, 2010.



The Parade will begin promptly at 12:30 at W. J. Johnston School and proceed down Norwich Ave. to Main Street. There will be a ceremony at the Veteran's Memorial Green and then onto the Town Green reviewing stand for a program to honor our Veterans.



**The theme this year is "Colchester
Remembers and Honors Its Citizens
Who Fought In The Revolutionary War"**

Produced by
Norwich Bulletin
NorwichBulletin.com

President & Publisher
Paul Provost
Creative Publications Manager
Karen Mazur
Advertising Director
Dan Graziano

Associate Advertising
Director
Mark Michaud
Custom Publication
Sales Coordinator
Elise Green

Sales Representatives
Jenny Pellerin
To advertise in this book contact
Jenny at 860-425-4245.
Cover Design & Book Layout
Tracy Rosiene

Advertising Designers
Barbara Burgess
Christen Lewis
Karen Mazur
Tracy Rosiene



Letter from the First Selectman.....	4
From the Town Clerk.....	5
Adult Education.....	6 & 7
Cragin Library.....	8-11
Health Department.....	12 & 13
Fire/Emergency Medical Services.....	14 & 15
Colchester Parks & Recreation.....	16-42
Special Events.....	16 & 17
How to Register.....	18
Registration Form.....	19
Day Camp.....	20-27
Adult Programs.....	28-29
Family & Preschool.....	30
Trips.....	31 & 32
Youth.....	33-38
REC'ing Crew.....	39 & 40
Parks Remarks.....	41 & 42
Senior Center.....	45-47
Sewer & Water.....	48-51
Youth & Social Services.....	53-67
General Information.....	53
How to Register.....	54
Registration Form.....	55 & 56
After-School Programs.....	57 & 58
Community Service Programs.....	58 & 59
Trips & Outings.....	60-63
Intergenerational Programs.....	64
Social Services.....	65
Parent & Family Support.....	66
Youth Employment.....	66
Boards & Coalitions.....	67

In Colchester, Change is Happening All The Time



Town Leaders

Board of Selectman

Gregg Schuster, First Selectman (pictured above)
Greg Cordova
Rosemary Coyle
James Ford
Stan Soby

The only constant in the universe is change, and Colchester is no exception. As the needs of the town change, and both technology and legislation evolve, we must always look for ways to update our operations to be as cost effective and efficient as possible. This is not always an easy task as habit has its own momentum. We're always looking for ways to make changes that can be beneficial to the town.

One example is the formation of the Health District Task Force. Our health department provides a variety of services including restaurant and septic system inspections, plan reviews, and other public health functions. As we continue to grow, there can be many benefits to joining a regional health district including expanded services and cost savings. The task force is charged with examining the benefits of joining a district, recommending if Colchester should join a district, and which district is the best fit for us.

Another change is the combination of Youth and Social Services into one department. One of the most common requests that come through my office is for social service issues. With the current state of the economy, the need for services has continued to increase. Unfortunately, we only have a part time social services coordinator to handle these requests and we simply can't keep up with the demand.

To deal with this issue, the Board of Selectmen then combined the two departments. The main benefit of this change will be having five day coverage in town hall for social service issues. All of the staff involved are trained to handle these issues and are required to maintain strict confidentiality. I encourage anyone who needs energy assistance, food, or other aid to contact us to see what we can do to help and what programs you may qualify for.

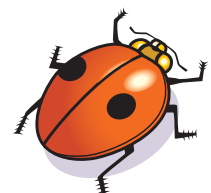
Finally, we are also changing the way we use energy in town. We recently received a Federal grant for nearly \$70,000 as part of the American Recovery and Reinvestment Act. The grant money will assist in making town buildings more energy efficient and can leverage incentives from the Connecticut Energy Efficiency Fund and the Connecticut Clean Energy Fund. Energy is a major cost we have as a town and anything we can do to use less energy will save money.

As you can see, we're always looking to change with the times in order to keep costs down and provide as many services as possible.

Sincerely,

A handwritten signature in black ink that reads 'Gregg Schuster'.

Gregg Schuster
First Selectman



A colorful flyer for the Discovery Zone Learning Center. It features a cartoon character at the top left and the text 'Where all children are special and learning is fun!'. The flyer is divided into sections for 'Day Care' and 'Preschool'. The 'Day Care' section lists an 'Infant Program' (6 weeks - 17 months) and a 'Toddler Program' (17 months - 3 years). The 'Preschool' section lists a 'Preschool' program (3 years - 5 years, Full/Part Time). It also mentions '12,000 sq ft! playgrounds! Nature Trails!' and a 'Full Camp Program "CAMP DISCOVERY"' for ages 6-12 years old with daily field trips. At the bottom, it provides contact information for two locations: 2 Orlando Dr. in Columbia, CT (860-228-8885) and 152 Hebron Rd. in Marlborough, CT (860-295-8003). It also includes the website www.discoveryzone.info and the hours Monday-Friday 7am-6pm.

June is Dog Licensing Month!

If you own a dog, please come in to the Town Clerk's office during the month of June to purchase a license. If you prefer to license by mail please be sure to include a stamped, self addressed envelope, proper documentation and a check made payable to "Town of Colchester".

Dog Licenses are issued to dogs over 6 months old. A Rabies Certificate as well as validation of being spayed or neutered is required at the time of licensing.

The price in the month of June is \$8.00 for spayed or neutered dogs and \$19.00 for all others. By state law, penalty charges are added if licenses are not renewed by June 30th. The penalty is \$1.00 per month. (Please note that the Legislature is currently reviewing an increase to these fees.)

Please feel free to contact us should you have any questions at (860) 537-7215. Our office is open Monday through Friday 8:30am to 4:30pm, and Thursday nights until 7:00pm.



Greta

Nancy A. Bray
Town Clerk
127 Norwich Avenue
Colchester, CT 06415



A Caring Medical Home for Children



WINDHAM PEDIATRICS, LLC
Obinna Maduka, M.D.
*Pediatric and Adolescent
Medicine*

Windham Pediatrics has been providing high-quality primary pediatric care in Northeastern Connecticut for over 8 years.

*387C Tuckie Road
North Windham, CT 06256
Telephone (860) 456-1279
Fax (860) 456-1298
By Appointment Only
www.windhampediatrics.com*



Established in 1953

Board Certified Ophthalmologists



**Patricia
Reardon, MD**



**Dana
Woods, MD**



**William
Kaufold, MD**



Medical, Routine and Surgical Eye Care
(15% off Glasses with Routine Eye Exam)
Full Service Optical
Multifocal Premium Lens Implants
Contact Lens Consultants

www.windhameyegroup.com

83 Quarry Street, WMTC, CT 06226
Appointments: 860-423-1619
Optical Shop: 860-456-7732

Free Adult Education Programs

Sponsored by the Colchester Board of Education in cooperation with Vernon Regional Adult Basic Education.



The following programs are offered in Manchester and Vernon. Registration dates, times and places vary according to programs. Please call 860-870-6000 ext. 139 or toll free at 866-564-2368 for more information.

College Transition

This 12-week course helps students successfully transition to college study, providing the support and counseling to help students accomplish this goal with confidence. It offers students the opportunity to review writing, reading, and math skills.

Citizenship

These classes will prepare students for the test given to individuals desiring to become American citizens. Students must be able to read and converse in English well enough to pass a listening appraisal test. This listening test is administered the first night of class. Call for the schedule.

Worksite Education

A collaboration with several businesses in the area will allow for specific curriculum to be written for each company. Students will engage in activities that will promote basic skills and increase productivity in the work place.

Workforce Preparation

This 10-week course will allow participants to explore avenues toward entry or re-entry into the workforce. Computer skills, career exploration, basic skills acquisition, ESL competencies (where applicable) and employability training are the foundation of this course. Upon completion, participants will have created a career portfolio.

Technology Classes

A variety of computer classes are offered throughout the school year for the region's residents and staff. These include Word, Excel, PowerPoint and Surfing the Web. Class offerings vary by location and time. Levels include novice, intermediate and advanced.

Statement of Non-Discrimination

In compliance with regulations of the Office for Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, Colchester Adult Education as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability or related abilities to perform the duties of the position.

GED, High School Credit Diploma, and English as a Second Language registration will take place in September 2010.

Look for the registration dates as well as the listing of fall semester Adult Computer classes in the August 2010 issue of the Colchester Connection.



Prudential
Connecticut Realty

87 Broadway • Colchester, CT 06415

Joyce M Covone
REALTOR®, ABR
Multi-Million Producer
Cell: 860-608-1708
Direct: 860-537-3155

E-Mail: joycecovone@prudentialct.com
www.joycecovone.com

Each Office Independently Owned & Operated



SPARROW COMMONS
FAMILY PRACTICE



J. Carey Laporte, MD
Barbara E. Pokorny, APRN

ACCEPTING NEW PATIENTS

**Healthcare Close to Home
for Every Member
of the Family**

For Infants, Children, Teens & Adults

Same day, evening and early A.M.
appointments available.

Call 537-9901 to schedule an appointment



ProHealth
PHYSICIANS

119 Broadway, Colchester, CT 06415

**Our Workplace Education Program
Brings the Classroom to Your Company**

**Vernon Regional Adult
Basic Education**

LOW COST Customized Training for Your Employees

Programs:

Credit Diploma Programs (CDP)
National External Diploma Program (NEDP)
General Education Development (GED)
Adult Basic Education (ABE)
English as a Second Language (ESL)

Computer Training & Customized Training
Solutions that will grow your business and improve
employee morale and the bottom line!

Participating towns include but are not
limited to the following:

Ashford	East Windsor	South Windsor
Bolton	Ellington	Tolland
Colchester	Glastonbury	Vernon
Coventry	Manchester	Willington
	Mansfield	

For more information call
Richard Welk at

860-870-6060 ext. 24

**LOW COST
\$\$\$**

[www.vrabe.org/content
jobtraining.asp](http://www.vrabe.org/content/jobtraining.asp)



**NEED HELP
WITH ENGLISH?**



**Literacy Volunteers of
Eastern Connecticut**

Students: Use learning software at Otis Library
in Norwich and OIC building in New London.
Join small groups for discussion and
conversation practice to improve your English
skills. Fee: Free

Volunteers: Receive professional training and
become a Tutor, classroom aide, computer lab
consultant, or an office helper. Experience for
yourself the satisfaction that comes with helping
people become better communicators in
English.

For additional information call Literacy
Volunteers of Eastern CT at (860) 443-4800

Golden Crossings
Custom Computerized Embroidery
Working together to make you look good!

www.GoldenCrossings.com
suzee@GoldenCrossings.com
125 Lebanon Ave.
Colchester, CT 06415
(860) 922-6329
Hours: Mon.,
Thurs., Fri., Sat 9-6
Decorated
Apparel
Highest
Quality Heat
Transfers

55867

Business Cents LLC 282 Mansfield City Rd., Mansfield, CT
860-456-0644

**Stay Focused On Your Business
We'll Take Care Of The Rest**

- FC Bookkeeping
- Payroll
- Financial Reporting
- Business Start-Ups
- A/R, A/P
- Reconciliations
- QuickBooks Support

www.businesscentsllc.com

**CERTIFIED
QuickBooks
ProAdvisor**



8 Linwood Ave.,
Colchester, CT
537-5752
www.colchesterct.gov

Welcome to your public library!

The Library is open Monday through Thursday 10 am to 9 pm and Friday and Saturday 10 am to 4 pm. (Please note the Library's late openings at 1:00 pm on Wednesdays, May 26 – June 30 to allow for transition to the Library's new computer system.) The Library provides free high-speed Internet access with 21 public computers and free Wi-Fi access. Community members stop in to check e-mail, prepare resumes, job hunt, complete coursework, or simply enjoy the web.

Although the rest of the world slows down a bit for the lazy days of summer, the Library is busier than ever as children participate in the Library's summer reading activities and adults seek out vacation reading. Library programs are always free of charge and are listed in our monthly newsletter, available at the Library or online at <http://www.colchesterct.gov>.



New: Two Ways to Borrow Free Downloadable Books and Media

Overdrive Downloadable Library Collection <http://libraryconnection.lib.overdrive.com>

Available to Cragin Library cardholders since April 30, Overdrive is CONNECT's shared collection of 3,000+ downloadable audio book, e-book, and video titles. Just visit the Overdrive website and type in your Cragin Library card number to discover a library open 24 hours a day! E-books are a growing part of the collection and are compatible with PCs, iPhones, the Nook, and Sony e-reader. (The Amazon Kindle will not accept the free Overdrive library titles.)



Connecticut State Library Downloadable Collection

Audio books can also be downloaded from the Connecticut State Library's collection at: <http://connstatelib.mylibraryaudio.com/> This collection of about 1,700 audio book titles offers many popular and classic children's titles. Audio books can be downloaded to your home computer or transferred to your iPod, iPhone or media player. Just have your library card with you when you want to download a title.



Job Now! Live Job Assistance

This free service is available to all Cragin Memorial Library cardholders, seven days a week from 3 – 11 pm by following the links to the Library's webpage at www.colchesterct.gov. Get help writing a résumé or cover letter, one-on-one career coaching and live interview chat sessions from your library or home computer.



**52 Upton Rd.
Colchester
(860) 537-4766**



**Student & Family
Discounts
Available**



**Group Fitness
Classes**

**Month to Month
Enrollment
Available**

Personal Training

Celebrating Our 10 Year Anniversary!

Be a Friend of Cragin

The Friends of Cragin Memorial Library promote awareness of Library needs and help develop new services through fundraising. Meetings are on the second Thursday of the month at 7 pm in the Library. New members are always welcome! The Friends conduct an ongoing book sale of children's and adult books. Coffee, teas and hot chocolate are always available at the Friends' Coffee Bar. The Friends are always looking for volunteers to help sort donations and help with sales.

June 11-13: Friends of the Library Book and Bake Sale

Pick up some great summer reading and support the Friends of Cragin Memorial Library by shopping the annual spring book sale. The sale opens with a limited preview on Friday, June 11 from 4:00-8:00 pm for those who pay \$5.00 for admission. The sale will continue without admission charge through the weekend, from 10 am to 4 pm on Saturday, and from 9 am to 4 pm on Sunday, June 13 during Tag Sale on the Green. Browse the leftovers and pay just \$3.00 per bag of books beginning on Monday, June 14 through Wednesday, June 16.

Book Donations

The Friends of the Library will be accepting books in good condition at the Library beginning June 21. Please hold your donations until that date as the storage space is full.

Cragin Board of Trustees

The Library's advisory board meets quarterly in the Library on the first Tuesday of March, June, September and December.

The June 1st meeting is scheduled for 6:30 pm. The Trustees encourage all members of the community interested in the library to attend.

Book Repair

The Library welcomes volunteers to help us keep our well-used books in good condition. Book repair sessions take place at the Library every Monday from 1 – 2 pm. Please stop by or call us if you're interested.

Museum Passes

Patrons may check out passes that provide free or discounted admission to the following area attractions:

- The Children's Museum/Roaring Brook Nature Center
- Children's Museum of Southeastern Connecticut
- Connecticut's Old State House
- Connecticut State Parks Pass
- The Florence Griswold Museum
- Lutz Children's Museum
- Mashantucket Pequot Museum
- Mystic Aquarium
- Peabody Museum of Natural History
- Roger Williams Park Zoo
- Wadsworth Atheneum Museum of Art



Passes are for free or reduced price admissions and are available to all Connecticut library card holders. A \$20 deposit of either check or cash is required and will be refunded when the pass is returned. Please call the Library at 860-537-5752 for availability and reservations. Museum passes are made available through the generosity of The Friends of Cragin Memorial Library.

Display Cabinets

There's always something interesting to see in our display cabinets in the Reference area and in the Children's Department. Collections have included items from miniatures to minerals, toys to teapots, and widgets to watches. If you would like to bring out your collections and show them off, call the Library to reserve the display space.

Story Times

The Library offers free story times for children ages one through five during the school year. Story time sessions will continue through June 3rd and resume in September. Please see the full calendar of summer children's activities listed in this brochure.

Summer Art Displays

A changing exhibit of works from local artists is featured in the Norton Room each month. In June, works produced by the students of Julianna Cameron will be on display. During July and August, the Society of Connecticut Sculptors will display sculptures in the reference area and paintings in the Norton Room. If you are an artist or know one who would like to display at the Library, please call to reserve the exhibit space.

Summer Programs for Adults at the Cragin Memorial Library

Jordan Freeman: The Fight to Set a People Free June 10, 9:30-11:00 am



Kevin Johnson of the Connecticut State Library performs as Jordan Freeman, an African-American servant of John Ledyard and the body servant of Col. William Ledyard in the Revolutionary War. Jordan Freeman was an actual person, a native of Old Lyme, who witnessed key events of the war for independence. The presentation is based on extensive research in the collections of the Connecticut State Library and the Museum of Connecticut History in Hartford, CT. This program is free and open to all.

Plants Out of Place July 15, 7:00-8:30 pm

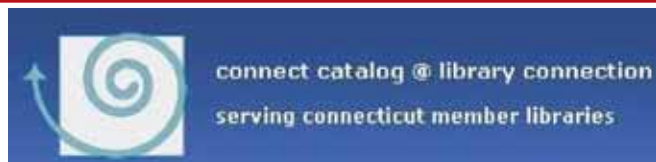
A talk by Rose Hiskes of the Connecticut Agricultural Experiment Station will focus on weeds commonly found in Connecticut. After a short botany lesson, several weeds will be described through slides, herbarium specimens and live samples. Also included will be options available for sustainable management relative to the life cycle and reproduction of each weed. Feel free to bring specimens of your weeds. No registration is required.

Introduction to the Internet Classes Mondays, June 7, 21 & July 19 11:00 am to Noon Thursdays, June 10 & August 12 7:00-8:00 pm

Free single-session classes for individuals with little or no experience with the Internet are available at the Cragin Memorial Library. For more information or to register, please call the Library at 537-5752.

July & August: Adult Summer Reading Raffles

Ready to relax a little? Many busy adults slow down for summer reading on the porch or on the beach. In July and August, adult readers will receive one free raffle ticket for each book that they read, to enter into a weekly drawing for gift certificates from Colchester businesses.



The Cragin Memorial Library is changing!

On July 1st Cragin will join CONNECT, a library computer network serving over two dozen Connecticut communities, including Marlborough. The most noticeable change for library users will be the expanded capabilities of the Library's online catalog. For the first time, library users will be able to renew library materials online, place holds on on-shelf items, and request most Inter-Library Loan items for pickup at Cragin. These features will allow library users to do more than ever with their cards, even when the library is closed.

Watch the library's website and local papers for information on the new system when it launches on July 1st. In order to be completely prepared for the new system, the Library will open late at 1:00 p.m. on Wednesdays from May 26 through June 30. This time will allow the Library's staff to be fully trained and complete technical projects for the system transition.

New Features to Make Your Life Easier

E-mail Notices: Just Provide Your E-Mail Address

- **"Almost Due"** notices that arrive the day before items are due with a link to the catalog so you can renew them;
 - **Overdue Notices** that arrive when items have been overdue for a week or more—replacing mailed overdue notices completely and saving the Town several hundred dollars a year in mailing costs;
 - and **Hold Notices** alerting you that a requested item has arrived and is waiting to be picked up.
- To make the most of the new system, please provide your e-mail address to the Library on your next visit. The Library will only use the e-mail address to send library-related e-mails and is prohibited by state law from sharing your information with any third party.



Inter-Library Loan—Faster than Ever!

When you browse the shared CONNECT catalog you will be able to place holds on most books, audio books, music, and video documentaries to be sent automatically from the owning library to be picked up at Cragin. An e-mail notice will alert you to its arrival. Most items will arrive within 7 to 10 days.

Summer Reading Partnership with Colchester Schools

For the first time, Colchester public schools' students can bring their summer reading logs to the Cragin Memorial Library and receive the Library's summer reading prizes. School summer reading logs will be sent home with students at the end of the school year. The Library will return reading logs to the schools for the start of school. If a log is lost, additional copies will be available at the Library. Students will also receive the usual credit and incentives at school in September.

Logs for preschoolers and non-Colchester students will also be available at the Library.

Quick Facts about the Cragin Memorial Library

Collections total **63,509** items, **56,384** of which are books.

The Library holds **3.64 books** for every person in town. The national average is 2.8 books.

135,600 people visited Cragin Memorial Library last year; with 8.8 visits per capita, the national average is 4.9.

157,203 items were borrowed from Cragin Memorial Library in fiscal year 2009. That's **10.1 items per town resident**, while the national average is 7.4 per person

The Library offers two dozen programs each month, with **400+ participants** ranging from toddlers to senior citizens.

The Library hosts **50-80 community and civic meetings** each month, **free of charge**, serving **500-850** community members.

The Library answers **600+** reference and reader's advisory questions each month. Library staff is ready to help locate the right source for a question or discover a new author or series.



**Move It and Shake It
at the Summer
Reading Kickoff
with the**

The Two Cat Band!
Thursday, June 17, 6:30-7:30

Get the whole gang moving, shakin' and singing along with Patricia Jimenez Betts and Mike Michaels! Kids and their parents will love the sound of this energetic duo and their music which is based on American roots music and the drive of good old Rock and Roll. Best for all ages! No registration necessary.

Tuesday Night is Family Night @ Cragin!

Tuesdays, June 22 – August 24

Bring the family to the library on Tuesday evenings at 6:30 pm for some great family entertainment. Fascinating and educational performers and presenters will alternate with Family Feature Night movies on the big screen! (No events on Aug. 10)

Family Night: Kahana Hula

Tuesday July 6, 6:30-7:30 pm

There is more to hula than grass skirts and coconut shells! For many, ethnic dance is a means of perpetuating culture, history and language. Through storytelling, music, song and dance Tiare Bourget will share Polynesian culture and encourage the audience to live the island way- viewing community as "ohaha" (family). Fun for the whole family; no registration necessary.



Family Night: Mystic Aquarium Traveling Touch Tank

Tuesday July 20, 6:30-8:30 pm



Roll up your sleeves, reach in, and touch a live invertebrate from Long Island Sound! Live lobsters, horseshoe crabs, sea stars and more will

travel to the Cragin Memorial Library for you to touch and learn about. Drop in at any time between 6:30-8:30 pm. Educational fun for all ages; no registration necessary.



Family Night: Sing-A-Long with Nappy's Puppets

Tuesday Aug. 3, 6:30-7:30 pm

How many of these songs do you know: Five Little Monkeys Jumping on the Bed; The Old Lady Who Swallowed a Fly; Five Little Ducks? Join the fun as Jim Napolitano of Nappy's Puppets presents some of the silliest sing-a-long songs ever using one of the oldest and most wonderful forms of puppetry, shadow puppetry. Fun for the whole family; no registration necessary.

Family Night: Horizon Wings: Raptor Rehabilitation & Education

Tuesday, August 17, 6:30-7:30 pm

Come and see a live demonstration of four birds of prey. Learn about their lives, habits and the ways to protect them. Also learn what is involved in becoming a wildlife rehabilitator. No registration necessary.

Family Night: Family Feature Films

Tuesday nights, 6:30-8:00 pm

June 22 & 29; July 13 & 27; Aug. 24
Bring the family to the movies for Family Night @ Cragin! Come and see these movies on our 8' screen: Where the Wild Things Are; Planet 51; Free Willy: Escape From Pirate Cove; The Spy Next Door; and Alice in Wonderland (2010). No registration necessary; free popcorn!

Weekday Fun—

All Summer Long!

All programs begin the week of June 21 and run through August 26, unless otherwise specified.

Picnic Storytime

Mondays, 11:30 am - 12:30 pm, Ages 2-5

Bring your coolers and your preschoolers for a fun-filled indoor picnic story time on Monday mornings. Don't forget your lunch and your blanket! Best for ages 2-5; No registration necessary.

Crafternoons @ Cragin

Wednesdays, 2:00-4:00 pm ALL AGES

Showcase your crafty talent! Supplies are on us. This drop-in craft is open to all ages; no registration necessary.

Wii Love Summer

**Wednesday afternoons, 2:00-4:00 pm
ALL AGES**

Come and play Super Monkey Ball Banana Blitz and Lego Star Wars and more with your family or friends on our 8' screen! Open Wii for all ages; please register for a half hour slot.

Cool Down @ Cragin

Thursday mornings at 10:30

Come in and cool down while enjoying a children's movie from 10:30-12:00 pm on Thursday mornings. Some of the family films that will be shown are: Toy Story 3; Wall-E; Tinkerbell and the Lost Treasure; Curious George 2: Follow

That Monkey; The Princess and the Frog and more. Free popcorn! No registration necessary.

Who Says You Can't Play With Your Food?

**Wednesdays, July 7 – August 11,
6:30-7:30 pm, Grades K-3**

**Thursdays, July 8 – August 12,
6:30-7:30 pm, Grades 4-5**

Join Jennifer Woods of Girl Scouts of America to learn how to make healthy food choices and have fun at the same time! You do not have to be a Girl Scout to attend. Please register beginning June 17.

Teen Summer Programs @ Cragin

Yoga for Middleschoolers

**Tuesdays, July 20 & 27; Aug. 3 & 10,
10:30-11:30 am**

Harmonize your mind and body while toning your muscles and increasing your flexibility. Vanessa Reynolds of VanNess Studios will teach four free yoga sessions for youths and teens ages 9-14. Mats are provided. Please register for one or more sessions beginning June 17.

Teens! Read the Book, Watch the Movie!

Mondays, 6:30-8:00 pm

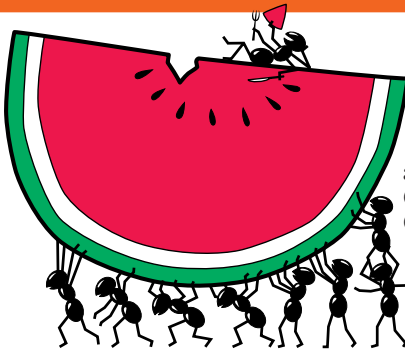
Read the book and then watch the movie on our 8' screen. Copies of the books are available at the library. The movies to be shown are: The Blind Side; The Boy in the Striped Pajamas; The Sorcerer's Apprentice; The Lovely Bones; Jurassic Park; The Last Song; Apollo 13; The Chronicles of Narnia, Prince Caspian and on August 2, Eclipse. Movies are rated PG or PG-13. No registration required; free popcorn!

Cartooning with Jon Buller

Wednesdays, Aug. 18 & 25, 6:30-7:30 pm

Noted author and illustrator Jon Buller will teach you how to be a cartoonist! Participants are guided through the process of creating a single-page cartoon of four panels. Open to ages 8-16; please register.

In July & August, teen readers will receive one free raffle ticket for each book they read, to enter into a weekly drawing for gift certificates from Colchester businesses. Open to grades 6-12.



Food Safety at Summer Events

Get ready for a full summer of fun activities on the Town Green! Whether it is Cruise Night, the Lion's Club carnival, a Sunday concert, the Tag Sale on the Green, or some other entertaining event,

the Green offers many opportunities for fun throughout the summer. Events on the Green typically include the option to purchase food from vendors in trailers or under tents. The Colchester Health Department works to make sure that the food served by these vendors is prepared and served to you, the customer, in a safe manner. No one wants to remember an evening out as the night they got sick from eating bad food!

Each vendor that prepares food at any temporary event in town must submit an application to the Health Department. The application must explain what foods will be served, how the food will be prepared within Connecticut Public Health Code regulations, and how the food will be held at the proper temperature (either hot or cold) to prevent illness causing bacteria from growing. The vendor must also explain how trash will be properly disposed so that it does not become an odor or insect nuisance, how tongs, spatulas or other food service utensils will be cleaned, and how dirty dish wash water will be disposed.

Health Department inspections at temporary food events help to ensure that Public Health Code is met, and help

prevent people from getting sick. Our inspections emphasize potential high risk concerns such as: proper hand washing procedures and facilities, maintaining required food temperatures, safe food storage and handling, and appropriate equipment and utensil washing and sanitizing. Vendors must have a thermometer so that they can check food temperatures throughout the event to ensure they are storing and serving foods at the proper temperature. It is also critical that food handlers properly wash their hands using soap, warm water, and paper towels.

Our goal is to make sure that vendors provide food to you that is safe to eat and maintain sanitary conditions even though the food is not prepared in a formal kitchen. To ensure that volunteers are familiar with how to safely handle, prepare and serve food to the public, the Health Department offers food safety training at no cost throughout the year to local civic organizations that serve food at temporary events. Out of town restaurants are required to provide proof of licensure from their town of business, and our local restaurants provide information about employee training, as required by the Connecticut Public Health Code, each year when they submit their application for their Colchester food service license.

We look forward to another fun season filled with good times and good food in town, and continue to work with vendors to ensure that everyone has wonderful food to eat that is prepared and served in a safe and sanitary manner. Feel free to contact the Health Department at 537-7214 if you have concerns about food safety or would like to arrange a food safety training class for your organization.



REGISTER TODAY!

KIDS SUMMER PROGRAMS INCLUDE:

- 1 DAY ART WORKSHOPS
- WEEKLONG WHIRLWIND ART SAMPLERS
- SPECIAL WEEKLONG POTTERY WORKSHOP FOR AGES 11-15

JOIN US FOR OUR 6TH ANNUAL ARTS & WELLNESS FAIR

SATURDAY JULY 31ST • 10AM-4PM

OUTDOOR VENDORS, YOGA CLASSES, KIDS CRAFTS, POTTERY DEMOS, AND MORE!

46 LEBANON RD. BOZRAH, CT 06334 • 860.886.8562
WWW.MEIKLEMKILNWORKS.COM

A SMILE IS FOREVER!

Schedule a COMPLIMENTARY Orthodontic Evaluation Today!

Family Orthodontic Care

Serving Southeastern Connecticut Since 1966



- Complimentary orthodontic evaluation
- Most insurances welcome
- Saturday and early morning appointments available
- Reasonable rates and flexible payment plans
- Quality orthodontic treatment in a caring environment
- Member of the American Association of Orthodontics
- Invisalign

Jeremiah J. Lowney, D.D.S., M.S.

Jennifer J. Lowney, D.M.D.

Susan J. Davis, D.M.D., M.S.

Norwich
100 Sherman Street
860-886-1466

Colchester
79 Norwich Avenue
860-537-1918

Crosswalk safety

How many crosswalk safety devices have you noticed lately? You should be familiar with the crosswalks in Colchester's streets, whether they are white painted stripes, or brick colored crosswalks in the center of town. You are probably also familiar with the electric pedestrian signal controls near many crosswalks which allow pedestrians to control the traffic lights in order to cross busy streets. You may have recently seen some mobile pedestrian crossing signs placed in crosswalks, however, that usually aren't there. These signs, purchased with a CT Department of Public Health grant, are an additional safety tool meant to make motor vehicle drivers more aware of crosswalks and the potential for crossing pedestrians. If you see one of these brightly colored signs, slow down and look for pedestrians that may be stepping into the crosswalk. Drivers are required by law to grant the right of way to pedestrians in a crosswalk.



The East Haddam Police Department has generously allowed the use of their speed trailer on Norwich Avenue. The speed trailer contains a radar device to determine the speed of passing motor vehicles, and then displays the speed for the driver to see. The speed limit on Norwich Avenue from the Town Green to just beyond Bacon Academy is 25 to 35 mph. The Youth Center, Town Green, child day care centers, schools, and numerous homes all create the potential for pedestrians, particularly children, to walk along the sidewalks and cross streets. Remember that children are often impulsive and may behave unpredictably in traffic situations. Drivers should always observe the posted speed limit and be ready to stop for pedestrians.

Congratulations to the winners of the recent Crosswalk Awareness Quiz! Quiz winners had to get at least 8 out of 10 crosswalk-related questions correct, plus the bonus question correct. The bonus question- What are

the colors in the words-only pedestrian crossing sign near the Senior Center? - was pretty tricky, and probably required a trip down to the Senior Center to get the correct answer. The answer was black and white. The sign, which is now missing the letter "p" in pedestrian, is not large and may be easy to miss, but is still legal notification to drivers of the approaching crosswalk. The winners are: Sue Gillis, Sara Mertz, Paul Gerst, and Bill Burtis. Each of these folks will soon be sporting a new brightly colored walking vest with a reflective strip during their walks around town. Pedestrians should always wear brightly colored clothing to make them more visible to drivers, and in the evening, a reflective strip will help drivers see pedestrians even better. Thanks to everyone who entered the contest. Even if you didn't win, you demonstrated good knowledge of crosswalk safety rules!



This crosswalk safety program, like many programs, is a group effort that requires help from several different agencies. The Colchester Health Department would like to thank the Colchester Public Works Department and the East Haddam Police Department, as well as East Haddam's Resident Trooper Steven Bellandese. Public Works has coordinated the grant-funded restriping of many of Colchester's crosswalks, has installed the new grant-funded crosswalk signs on Halls Hill Road, and assisted with placement of the speed trailer. East Haddam Police Department and Trooper Bellandese generously loaned the speed trailer for our use, made sure

the trailer was appropriately sited, and provided technical knowledge. These partnerships have made it possible to increase the safety of Colchester's pedestrians.

TWICE as NICE

CONSIGNMENT

Clothing Consignment

*Gently used clothing
for a gentle price*

95 Lebanon Avenue • Colchester, CT 06415

860-537-1213 Diane Bartlett/Owner



COLCHESTER

K.I.D.S.

DAYCARE/NURSERY SCHOOL

**Now
enrolling
for
Summer
& Sept.**

**Taking
ages 3
& up**

**224 Norwich Ave.
Colchester, CT 06415**

**860-537-6688
Colchesterkids@yahoo.com**

SPRING AND SUMMER SAFETY TIPS 2010

To help keep you safe, Colchester residents are reminded of the following conditions.

Scooters, bikes, in-line skates and skateboards are associated injuries annually

- Wear a comfortable, properly fitted helmet bearing the label of an independent testing laboratory. Be sure that the helmet sits level on top of the head- not rocking in any direction and always fasten the safety strap.
- Be sure the safety gear (wrist, elbow and kneepads) fit properly and does not interfere with the rider's movement, vision and hearing. Wrist pads are not recommended for scooter riders as they may affect their ability to maneuver.
- Wear reflective clothing after dark and during conditions that effect visibility
- Ride scooters on only on smooth, paved surfaces.
- Learn and use proper hand signals when you turn and stop.
- Come to a complete stop before entering driveways, pathways or sidewalks, then look left, right and left again for bikes, cars or pedestrians heading your way.
- Teach crossing safety to children by example.

Barbecue Safety

- Beware when you barbecue, in 2005 alone there were 8,300 home fires involving grills, hibachis or barbecues, including 3,400 structures and 4,900 outside fires. These 8,300 fires caused 10 civilian deaths, 110 reported injuries and \$137 million in direct property damage.
- When using barbecue grills always be sure to leave sufficient space from siding and eaves
- Connecticut law prohibits any grill to be utilized on balconies of an apartment, townhouse, or condominium.
- Always supervise a barbecue grill when in use.
- Keep children and pets far away when in use establish a **"No Play Zone"**.
- With charcoal grills, never use **gasoline** use only starter fluids designed for barbecue grills and do not add fluid after coals are lit.
- With gas grills, be sure the hose connection is tight and check hoses carefully for leaks.
- Apply soapy water to the hoses and connections to detect leaks.
- Never turn on the fuel gas until your ready to ignite the grill.
- Leave grill cover open when igniting and if grill does not ignite within seconds, shut off gas and allow grill to ventilate before retrying.
- Spare propane cylinders should never be stored indoors, under or near operating grills.
- Remove propane cylinders from grills before storing grills indoors for the season.
- Only store propane cylinders out of doors.

Water Safety

- **Extra caution** should be used when around watercourses and swimming areas, especially with children
- Only swim in designated swimming areas
Always supervise children near water at all times and make sure children learn how to swim.
- Check the depth of the water before jumping in
- Always wear Coast Guard approved PFD's (personal floatation device) when boating, tubing or water sports, air-filled swimming aids, like water wings or inner tubes are not substitutes for approved PFD's.
- An adult should insure that the PFD is fitted properly to the child and children are supervised while swimming.
- Frequently check electrical wiring, Ground Fault Interrupters, appliances and devises associated with swimming pools and Jacuzzis.

- Be sure to extinguish all smoking materials and shut down motors and heating devices before fueling a boat.
- In case of a fuel spill, wipe up fuel immediately and check for fuel leakage and odor. After refueling and before starting the boat's motor, ventilate with the blower for at least 10 minutes.
Always have a proper size and type UL/Coast Guard approved fire extinguisher handy.

Fireworks

- Fireworks lead to thousands of injuries requiring emergency room treatment, according to the National Fire Protection Association.
- These dazzling, but dangerous devises can burn up to 1200F and can cause serious burns, lacerations, amputations, and blindness, stay safe by always leaving fireworks to professionals.
- Sparklers can cause severe burns and eye damage and discarded sparkler wires can cause injury if stepped on.
- Stay back at least 500 feet from professional fireworks displays
- Treat all fireworks, whether legal or illegal for consumers, as suitable only for use by trained professionals.
- If you find fireworks, do not touch them, but instead direct them to authorities.
- Leave any area where amateurs are using fireworks.

Cleaning for Safety

- Nature is undergoing a fresh start and so are homeowners who are ready to clean up the debris that has been accumulating in basements, garages, and storage sheds over the winter.
- Household and pool chemicals, paints, and poisons should be properly marked and stored under lock and key, away from children's reach. Properly dispose of any that are leaking, expired or look bad.
- Make sure gasoline and cleaning fluids are well marked and stored in a cool, dry place away from the home and out of the reach of children and pets.
- Use only approved containers for gasoline, kerosene and diesel storage.

Yard Work Safety

- Always wear protective clothing when you handle pesticides and fertilizers, follow the manufacturers recommendations.
- More than 210,000 people are treated in emergency rooms each year for lawn mower related injuries, 16,200 are under the age of 19.
- Rake before you mow to prevent any stones and loose derris from launching into the air.
- Make sure that all safety devises are operational on all gasoline powered yard maintenance equipment.
- NEVER refuel equipment when the engine is HOT, and don't smoke while refueling.
- Never operate a lawn mower in your bare feet, wear proper footwear.
- Never star a lawn mower indoors or leave running gasoline powered yard equipment unattended.
- Use proper protective clothing and equipment when using chainsaws.
- Check all electrically powered tools for proper operation
- At least 55,000 people are injured or maimed each year from trimmers, lawn edger's and chainsaws.
- Always wait for the chain saw blade to stop before pulling away from a cut to avoid "kickback"
- Before you do any "hands on" weed removal, be sure you know how to identify poison ivy, sumac, oak and similar toxic plants.
- Cloth gloves will not protect you from such plants if they soak through. Try using rubber gloves under cloth gloves.
- When burning brush (with a permit) never use gasoline or other flammable liquid to start or increase the size of a fire.
- When burning brush, be careful not to burn poison ivy, sumac or oak, burning these can cause severe respiratory problems.

Weather related concerns**Facts about Thunderstorms**

- They may occur singly, in clusters, or in lines.
- Some of the most severe occur when a single thunderstorm affect one location for an extended time.
- Warm, humid conditions are highly favorable for thunderstorm development.
- About 10% of thunderstorms are classified as severe- one that produces hail at least three-quarters of an inch in diameter, has winds of 58 mph, or produces a tornado.

Facts about lightning

- Lightning's unpredictability increases the risk to individuals and property.
- Lightning often strikes outside of heavy rain and may occur miles away from any rainfall.
- "Heat lightning" is actually lightning from a thunderstorm too far away for thunder to be heard. However, the storm may be moving in your direction.
- Most lightning deaths and injuries occur when people are caught outdoors in the afternoon and evening.
- Your chances of being struck by lightning are estimated to be 1 in 600,000, but could be reduced even further by the following safety precautions.

What to do during a thunderstorm**If you are:**

- In a wooded area- Seek shelter in a low area under a thick growth of small trees.
- In an open area- Go to a low place such as a ravine or valley, remain alert for flash flooding.
- On Open water- Get to land and find shelter immediately, if no land stay as low as possible in the boat.
- Anytime you feel your hair stand on end or tingling of the body, **be prepared for a lightning strike.**
- Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees.
- Make yourself the smallest target possible and minimize your contact with the ground
- **DO NOT** lie flat on the ground.

Tornadoes

- Tornadoes are one of nature's most violent, localized storms. In an average year, about 1,000 tornadoes are reported across the United States, resulting in hundreds of deaths and thousands of injuries.
- In a home or building, move to a pre-designated shelter, such as a basement.
- If an underground shelter is not available, move to a small interior room or hallway on the lowest floor and get under a sturdy piece of furniture. Put as many walls as possible between you and the outside.
- Get out of automobiles.
- Do not try to out run a tornado in your car; instead, leave it immediately for safe shelter.
- If caught outside or in a vehicle, lie flat in a nearby ditch or depression and cover your head with your hands.
- Be aware of flying debris, which causes most fatalities and injuries.
- Mobile homes, even tied down, offer little protection from tornadoes. You should leave a mobile home and go to the lowest floor of a sturdy nearby building or a storm shelter.

Severe Weather Alerts: "Watch and Listen"

- Have a battery-powered radio and flashlight handy.
- Monitor the Weather for changing conditions that could become threatening, be prepared to take shelter, secure outdoor items that can move around and cause injury/death, expect power outages.

■ **Monitor radio and TV for severe weather updates**

- WATCH means- conditions are favorable for severe weather.
- A WARNING means- approaching, tornado, hurricane, severe thunderstorm, snowstorm or blizzard,

Seek safe shelter immediately.

References:

<http://www.nws.noaa.gov>

<http://www.weather.gov/os/severeweather>

<http://www.fema.gov/hazard/thunderstorm>

Medical Issues

- During exercise, work or play and its Hot, take frequent breaks and drink plenty of fluids, water and sports drinks work best.
- Stay away from sodas and caffeinated products.
- Individuals' with respiratory issues, asthma, or allergies should always carry their medications with them.

Heat Cramps

- Heat cramps are muscle contractions, usually in the hamstring muscles (the muscles at the back of the calves). These contractions are forceful and painful.
- These cramps seem to be connected to heat, dehydration and poor conditioning, rather than to lack of salt or other mineral imbalances. They usually improve with rest, drinking water, and getting into a cool environment.

Heat Exhaustion

- Although partly due to exhaustion—and feeling like exhaustion, as the name implies—heat exhaustion is also a result of excessive heat and dehydration. The signs of heat exhaustion include paleness, dizziness, nausea, vomiting, fainting, and a moderately increased temperature (101-102 degrees F), which, in this case is not truly a fever, but caused by the ambient heat. Rest and water may help in mild heat exhaustion; ice packs and cool environment (with fan blowing at the patient) may help. More severely exhausted patients will probably require medical intervention, with IV fluids, especially if vomiting keeps them from drinking enough. If you're unsure do the safe thing and dial 9-1-1, especially when dealing with children and the elderly.

Heat Stroke –A True Medical Emergency

- **If an individual has these symptoms, stop right there and dial 9-1-1- Heat stroke is a TRUE MEDICAL EMERGENCY!**

Heat Stroke is the most severe form of heat related illnesses. It can occur even in people who are not exercising, if the weather is hot enough. These people have warm, flushed skin, and who are unable to sweat due to severe dehydration. Athletes who have heat stroke after vigorous exercise in hot weather, though, may still be sweating considerably. Whether exercise-related or not, though, a person with heat stroke usually has a very high temperature (106 degrees F or hotter), and may be delirious, unconscious, or having seizures. These individuals need to have their temperature reduced immediately with ice packs, and must be given IV fluids for re-hydration; they must be transported to the nearest hospital by EMS. These individuals will have to stay in the hospital for observation since many different body organs can fail in heat stroke.

**Brought to you as a public service message by
Colchester Fire and Emergency medical Services**



**Sundays, July 11-Aug 15 at
5:00pm - Food Concessions Open
5:30pm - Concert Begins
on the Colchester Town Green**

July 11: Orange Crush

Sponsored by: Dr Steven Lakes, DMD

July 18: Eight to the Bar

Sponsored by: Sign Professional Design
& Sign Solutions

July 25: Sugar

Sponsored by Casey Chiropractic
& Family Physical Therapy

August 1: Island Rhythm

Sponsored by: Skyview Realty
& Nathan Liverant & Son Antiques

August 8: Dr. Ya Ya's Gumbo Party

Sponsored by Colchester Family Medicine,
Olawale Ayeni MD

August 15: Larry Stevens Band

Sponsored by: Anytime Fitness
August 22 & 29: Rain dates



**Colchester Dog
Park's Grand
Opening &
Pet Expo!**

Sunday, July 18, 2010

11:00 a.m. - 3:00 p.m.

(Rain date July 25)

Colchester Dog Park,
71 Old Amston Road, Colchester, CT

With the opening of the Colchester Dog Park this summer, the Colchester Dog Park Committee is planning an exciting celebration and fundraising event on July 18th at their new park. The event will include a walk with the Colchester Land Trust, booths from local vendors and demonstrations from local experts. Funding raised from this event will help maintain and enhance the Colchester Dog Park.

Events like the grand opening event are very important in our town. Not only do they help raise necessary funds, but they provide a fun, healthy environment where friends, families, neighbors, and of course dogs, can spend time together.

**Lunchtime
Tunes**

Friday, July 30
(Rain date: Fri, Aug. 6)
12:00-1:00pm
Town Green Gazebo

Grab your lunch to go and enjoy the summer sun and park surroundings, along with the music of hometown favorite, Joshua Kelly, as he plays your favorites from bands such as John Mayer, Lynyrd Skynyrd, Edwin McCain, Goo Goo Dolls, Train, The Who, and The Marshall Tucker Band.



Mark Your Calendars!
6th Annual
Colchester 57 Fest
 Saturday
 September 25, 2010
 Food, Fun, Fireworks and More!



LIBERTY BANK

FREE Seminar!

**Developing Sustainable
Landscapes**
 Tuesday, June 22
 6:30-8:30pm
 Town Hall, Room 1

Following the success of the spring seminar on Environmental Stewardship, this session takes a more in-depth look at one of the core areas of stewardship: developing sustainable landscapes. This course will examine the principles and best practices, and provides examples and real world case studies of these principles in action. This seminar is being presented as a partnership of the Colchester Wildlife Habitat Committee, Colchester Garden Club, Engineers Without Borders and Parks & Recreation, funded by a grant from the Colchester Learning Foundation. The seminar has been developed by the National Recreation and Park Association, and will help support the ongoing certification of Colchester as a Community Wildlife Habitat through the National Wildlife Federation.

Pre-register by contacting Parks & Recreation:
 860-537-7295 or parksandrec@colchesterct.gov

WE'RE LISTENING!

We want to hear from you!
Any questions or comments?
Call or drop us an e-mail.
Keep This Important Information!

127 Norwich Ave, Colchester, CT 06415

PARKS & RECREATION ADMINISTRATION

Director, Jason Cohen	jcohen@colchesterct.gov
Office Manager, Liz Kessler	ekessler@colchesterct.gov
Recreation Supervisor, Anita Pizzutiello	apizzutiello@colchesterct.gov
Recreation Specialist, Chris Woodside	cwoodside@colchesterct.gov
Phone: (860) 537-7297	Fax: (888) 468-6093

PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, <i>Chair</i>	Chris Ferrante, <i>Vice Chair</i>	Norm Kaplan
Lynette Dimock, <i>Secretary</i>	Lynne Stephenson	Jody Barr
Melissa Kennedy	Eric Kundahl	
Albert Spranzo (<i>Alternate</i>)	Clint Williams (<i>Alternate</i>)	

PUBLIC OFFICE HOURS

Monday - Friday 8:30am - 4:30pm

PARK MAINTENANCE CREW

Tim Angell, Crew Leader, Neal Trecarten, Mike Ryder,
 Jessie Layhue, Alan Veazie, Bob Slocum

SPORTS LEAGUES - WHO TO CONTACT

Although many organizations use town's facilities, the following groups do not come under the direction of Colchester Parks & Recreation. Unless otherwise specified, sports leagues can be reached through their voice mailbox on the Parks & Recreation Infoline: 537-7200 ext. 1004.

YOUTH

Basketball: Matthew Willauer	basketball@colchesterct.info
Cheerleading: Kimberly Smithwick-Gross	cheer@colchesterct.info
Football/Cheerleading: Paula McDowell	football@colchesterct.info
Lacrosse: Kathy Scott (537-6928)	lacrosse@colchesterct.info
T-Ball, Baseball & Youth Softball:	
Tom Lambert (367-6256)	baseball@colchesterct.info
Youth Soccer: Thomas Carey	soccer@colchesterct.info
Youth Wrestling: Ann Kilpatrick	wrestling@colchesterct.info
	www.colchesterwildcats.org

ADULT

Men's Softball: Mike Gatesman	menssoftball@colchesterct.info
Women's Softball:	
Lynn Stephenson (674-0143)	cwsl@colchesterct.info
Men's Soccer: Hugo Vivero	menssoccer@colchesterct.info
Men's Baseball: Chris Ferrante	mensbaseball@colchesterct.info
Colchester Special Olympics: Necia Stopa	nstopaharp@yahoo.com



GENERAL INFORMATION

Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs and user fees prohibited.

Photo Permission

Participants permit the taking of photographs and video of themselves and their children during activities for publication and use for promotional purposes unless otherwise stated.

Inclusion Policy

Colchester Parks & Recreation recognizes that every person is unique and brings with them a wide range of skills and abilities. We continuously strive to provide challenging experiences so that all can achieve their full potential. As such, we encourage and support individuals with disabilities to fully participate in all programs offered by our department. Please let us know how we can accommodate you.

The Town of Colchester abides by all guidelines of the 1990 Americans with Disabilities Act (ADA).

Find a Mistake

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our brochure to meet this need. A Parks and Recreation water bottle will be awarded to the first caller to report an error.

Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations and fees described are subject to change.

Weather/Cancellation Policy

Please check our website at www.colchesterct.gov for weather cancellations. For your convenience you may also call our office to hear a special recorded message. We do what they do! If there is no school, there are no programs unless otherwise noted.

HOW TO REGISTER

Reg. Procedure: Please remember to include the Activity Number and Activity Name on your Reg. Form.

Example:

Women's Basketball

2000.303 WJJMS Gym 6:00pm - 9:00pm Th

1. Walk-In

Stop by the Parks and Recreation office, Suite 107, First Floor Town Hall. We are open to the public Monday thru Friday, 8:30am - 4:30pm.

2. Mail-In

Mail in Reg. form and fee
(payable to the Town of Colchester)
Parks & Recreation
127 Norwich Avenue
Colchester, CT 06415



Location Abbreviations:	
BA:	Bacon Academy
TH:	Town Hall
WJJMS:	William J. Johnston Middle School
CES:	Colchester Elementary School
JJIS:	Jack Jackter Intermediate School

3. Drop Box

Drop it in the drop box slot to the left of the front doors of the Town Hall. You can do this anytime the office is closed.

4. Fax or E-mail to

Fax (888) 468-6093
ekessler@colchesterct.gov

5. Online Registration

Colchester Parks & Rec is part of the Active.com network to provide you with access to our programs 24/7. If you go to www.colchesterct.gov you can access all Parks & Recreation program information and register on-line at your convenience! To access program information, click on Parks and Recreation on the menu, then click on Parks & Recreation PROGRAMS. This will link you directly to Active.com's website. You will find all programs offered listed at this location. To sign up for a program on line, you must register with Active.com initially to log on. There is a small processing fee to register this way. Sorry, program discounts and credits are not redeemable when registering on line.



Satisfaction Guarantee

"Colchester Parks & Recreation stands behind all of its programs and activities with a satisfaction guarantee. If you are not completely satisfied, we will do what it takes to make things right."

Late Fee Policy:

Program Registration deadline is one week prior to the start of the program. If we can accommodate a Registration after the deadline there will be a \$10 late Registration fee.

Return Check Fee:

All checks returned for non-sufficient funds (NSF) will be charged an additional \$25 fee.



Inability to Pay

If a hardship exists, the applicant may be granted a reduced or waived fee. Forms are available upon request. Confidential written applications may be made to the Parks and Recreation Director.

Non- Resident Policy

Colchester residents' registrations will be processed first. Non-residents are eligible to participate if space allows. Non-resident registrations will be processed one week after registrations begin. There will be a \$20.00 non-resident fee. Non-residents may be placed on a waiting list, and will be called after all Colchester residents from the waiting list are contacted. Non-residents are ineligible to participate in a lottery. This policy excludes bus trips.

Waiting List

All registrations are accepted on a first come, first served basis. Enrollment cannot be guaranteed. If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible. If additional class openings become available, we will use the waiting list to fill the class. If no openings occur, we will make a full refund.

Seasonal Brochures

Seasonal brochures are published 4 times per year: Fall (Aug.), Winter (Nov.), Spring (Feb.), Summer (May). They are distributed on the last Thursday of the respective month within a complimentary edition of the Colchester Bulletin. Submissions deadlines are the 1st of the month prior to publication (e.g. July 1 for the Fall issue).

•• PLEASE READ!!! ••

LOW ENROLLMENT PROCEDURE

The Early Bird Gets the Worm!
Don't let a great program get canceled due to low enrollment! REGISTER EARLY!
If a program does not meet its minimum enrollment number one week prior to the start of the program, it will be canceled.

You Must Pre-Register for ALL Programs

REGISTRATION FORM

for Parks & Recreation

FOR OFFICE USE ONLY

DATE: _____ REC'D BY: _____

CASH/CREDIT/CHECK # _____

☐ RECWARE
 ☐ WAIVER
 ☐ CONFIRMATION
NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

Name/Adult: _____

Mailing Address: _____

Has this Address changed since you last registered? ____yes ____no

Evening Phone: _____ Day Phone: _____ E-mail: _____

Secondary Emergency Contact: _____ Phone: _____

MEDICAL INFORMATION

Physician: _____ Phone: _____

Please list any allergies, medications, or previous conditions which we should be aware of:
 i.e. ADD, ADHD, Hearing impaired, Visually Impaired, Special Ed, etc. Allergies i.e. Peanuts, Laytex, Bee Stings, etc.

Do you need an accommodation because of a disability to enjoy this program? YES NO



Wheel Chair Access for Bus Trips

ASSUMPTION OF LIABILITY

Participation in the activity may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees contracted instructors and volunteers from the liabilities which may occur while participation in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Colchester does not provide accident/medical insurance for program participants. In addition, I give permission for the child(ren) to be treated by qualified medical personnel in the event that the above named parent/guardian can not be reached at the phone numbers provided.

Signature (Parent/Guardian if participant is under 18) _____ Date _____

Other Signatures (All those listed below over 18 years of age must sign the release.) _____ Date _____

Please Circle:   Credit Card#: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

Participant	Sex	Date of Birth	Grade	Activity Number	Cost	Activity Name

Please send this form to:

Parks & Recreation • 127 Norwich Avenue • Colchester, CT 06415
 or fax to (888) 468-6093

Make check payable to: Town of Colchester

Non-Resident Fee
\$20.00 per classScholarship Fund
Donation

Total Due

PLEASE CUT OUT THIS FORM BEFORE SENDING IN.



Day Camp

To find out the most current information on Parks & Recreation programs & special events please visit our website at

www.colchesterct.gov/parks

We also suggest that you subscribe to our email list for up to the minute notification on rainy day changes and other important information.

The Colchester Day Camp Difference 2010

A warm welcome to all from Miss T and the entire staff of Colchester Day Camp! With the days finally getting longer, we are very excited to talk about the coming season and all its super events! It is a privilege for us to provide a safe environment for all our campers who will learn how to build new relationships, cultivate friendships, explore and develop new skills, and enjoy growing individually as well. This is again, our commitment to you ~ our camp community. It is our honor and promise to create a safe world of wonderful character building "memories that will last a lifetime."

Summer after summer our super staff return to enrich and further develop Colchester Day Camp. The most mature, nurturing, skilled, carefully chosen and best-trained returning staff that were hand picked from a panel of our directors are on board again this year.

Our staff is under the leadership of Parks and Recreation Director Jason Cohen, Recreation Supervisor, Anita Pizzutiello and Day Camp Director Shannon Tamosaitis (Miss T.) This season we look forward to welcoming a new Assistant Director, Noah Reisine!

Camp is a favorite time of year for all of us and through a winter of planning, we are anxious as ever to get started with our new and exciting camp season of amazing events! As we gradually say goodbye to snow and hello to sunshine, Miss T says keep on reading, go sledding while you can, do your homework first, and can't wait to see you soon at camp! Summer will be here before we know it!

Our Administration team rounds out with five super specialists in core areas: Sports & Games, Archery, Nature, Drama and Arts & Crafts. Our day camp supervisors and counselors are made up of teaching professionals, college students, and mature high school students with several years of experience here at our camp.

We invite students entering eight, ninth and tenth grade to apply to be a part of our strong 5-week Counselor-in-Training (C.I.T.) program. There is a fee of \$125 for this unique training experience. Application packets are available on our website at <http://www.colchesterct.gov>, and in the WJMS & Bacon Academy Guidance Offices. Deadline to apply is March 31, 2010.

Please see the REC'ing Crew section of this brochure for the REC'ing Crew calendar of trips and activities. This

program specially designed for campers entering grades 7 - 9. The spring/summer brochure will include various other camps for all ages including, Skateboarding, MLS Soccer Camps, Basketball and Multi-Sport camps. The summer brochure will be available in May.

Staff Training

All staff is required by state law and OSHA mandates to receive training in Bloodborne Pathogens Exposure Control (HEPb/HIV). The Colchester Parks and Recreation Department also requires all staff to attend an extensive Camp orientation seminar prior to the start of camp. Counselors are active participants in training areas such as first aid and CPR, Epi-Pen, safety and security, emergency response, splash pad safety, record keeping, staff manuals, department policies and procedures, customer service, positive youth development, and character building. In addition, there are speakers brought in to train them in areas such as how to schedule activities, games and leadership, child development and behavior, mandatory reporting, and lots of hands on activities such as sports and games, arts and crafts, traditional camp games and songs. We are very committed to maintaining and developing all our Day Camp staff.

Registration Information

Day Camp is for all children entering grades 1 - 6 in Fall 2010. Registration begins on Thursday, February 25th at 9:00 A.M in the Parks and Recreation Department located in the Town Hall. Register early for the best availability. The office is open Monday through Friday from 8:30 a.m. - 4:30 p.m. For your convenience you may call us at 537-7297. All registrations for Day Camp, Kindercamp

NOW OPEN IN COLCHESTER!

KID-Synergy



Drop In Care
(when available)

Daycare and Preschool

76 Amston Rd (Rte. 85) Colchester
860 537-0400 • Toddlers through age 12

www.colchesterct.gov/parks

and the C.I.T. program must be made in person in the office. Please keep in mind all campers are required to have a current (within three years of the date of the exam) copy of their health record on file with Parks & Recreation. The following required forms are available in the Parks & Recreation office and on our website: Camp Registration Form, Medical Release & Pick Up Authorization, Special Authorization, Health Assessment. Please note, due to severe camper allergies, Colchester Day Camp is a **PEANUT FREE CAMP**.

Registration for Day Camp and Kindercamp requires a 50% deposit. If prior to the start of camp a participant cancels their registration due to an illness or injury, they will receive a refund or credit for fees paid. There is a one time \$10 administrative fee per child, which includes a 2010 Colchester Day Camp t-shirt which is required to be worn on all day trips.

Camp Fees –Prices based on 1 week sessions only:

Monday – Friday	\$140 includes trip fee
Extended Care AM	\$25 per week (7:00 a.m. to 8:45 a.m.)
Extended Care PM	\$25 per week (4:15 p.m. to 6:00 p.m.)

Special Discounts!

Multiple Week Discount: 5%

Sibling Discount: 5%

**ALL BALANCES MUST BE PAID IN FULL BEFORE JUNE 14TH.
ANY REGISTRATIONS ACCEPTED AFTER JUNE 14TH MUST BE
PAID IN FULL AT TIME OF REGISTRATION.**

Scholarship Info:

There are a limited number of scholarships available to campers in financial need. Applications are confidential and can be obtained by contacting Jason Cohen in the Parks and Recreation office.



Tracy's Tunes 537-6619
www.Tracystunes.com

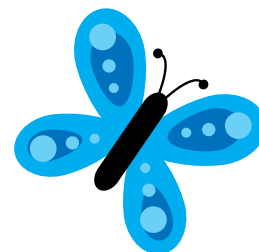
Instruments Accessories Sheet Music Rentals	Lessons Offered Piano • Sax • Guitar Flute • Drums • Clarinet Trumpet • Trombone • Voice
--	--

111 Lebanon Avenue • Colchester, CT 06415

Camp Dates:

- Week 1 June 21 – June 25
- Week 2 June 28 – July 2
- Week 3 July 5 – July 9
- Week 4 July 12 – July 16
- Week 5 July 19 – July 23
- Week 6 July 26 – July 30
- Week 7 August 2 – August 6
- Week 8 August 9 – August 13
- Week 9 August 16 – August 20**

(No extended Care on the last day of camp)



Week 1: (June 21-June 25)

Express Yourself Through Friendship Week

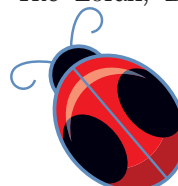
We kick off the summer this year with our friends, old and new! Enjoy lots of partner games and teambuilding tournaments. We'll have an all camp ice cream social and end the week with a trip to the Creamery Brook Bison in Brooklyn, CT where we'll make our OWN ice cream and butter! Happy summer!

Week 2: (June 28-July 2) America The Beautiful

A fine time to celebrate our beautiful country! Campers will wear red, white, and blue while they cheer on their team in our American pep rally. We will take a trip on Wednesday this week to catch a Rock Cats game, celebrating a great American pastime; baseball! For the past three years we have received responses from our letter writing to our American troops in Iraq, we will again be sending letters over seas.

Week 3: (July 5-July 9) Keepers of Mother Earth

Go Green ~ Encouraging the leaders of our next generation to take pride in the responsibility we have to protect our planet, Mother Earth. We also kick off our annual Reduce, Reuse, and Recycle Campaign as campers of all ages find fun activities and projects teaching us more about waste reduction, reusing, & recycling as they continue to be great "Keepers of Mother Earth." Annual reading of The Lorax, By: Dr. Suess will take place Thursday.



Week 4: (July 12-July 16) To the Moon & Beyond.....

Is the moon really 2,000 miles across? Yes! & we'll learn even more about the stars, astrology, constellations, eclipses, and our Planet Earth! All camp families are invited and encouraged to join us for our Family Fun Day Thursday this week from 4:00-5:00 p.m. (Special guest to be announced.) We'll finish off our interesting science study week in the Yale Planetarium and also visit The Peabody Museum.

Week 5: (July 19-July 23) The Best of The Best!

A collection of the BEST activities of the summer! Favorite games galore, visits from past camp counselors, a decade of photo collages, Campers Choice Awards, Campers Got Talent and Project Runway fashion show led by Miss Ashley! Also, please take part in our 4th Annual "Teens Saving Lives" Blood Drive as we host it again this year at JJIS on Thursday - ALL 2010 CIT'S taking part! Whether you donate a pint or bake a dish, we ask upon you to contribute to such a worthy and noble cause. Call us at camp to make your appointment, (860) 537-6583. Brings bikes and helmets to JJIS Thursday for our Bike Rodeo!

Week 6: (July 26-July 30) 2010 Olympic All Stars!

On your mark, get set, GO! Campers unite to represent their teams and countries at this year's, 2010 Colchester Olympic Games! Together we learn and further develop the value of good sportsmanship, fair play, and comradery while refining our fundamental game skills.

Wear your favorite team gear on Thursday and have a blast at the awards ceremony on Friday, after our GAMES field trip!

Week 7: (Aug 2-Aug 6) Mysteries, Maps, Riddles, & Races....

Kids will pair up this week with friends to solve camp and counselor mysteries. They will follow magical maps to hidden treasures and race through human obstacle courses solving riddles! Wear your Thinking caps this week!!! Dress as a princess or pirate on Wednesday and dress with a friend as twins on Thursday! Bowling on Friday in Norwich!

Week 8: (Aug 9-Aug 13) Exploration Around the World

Discover and learn about a new country each day of this week. Explore culture, geography, foods and traditions in Ireland, China, Greece and through Island hopping. Toga party Wednesday and an amazing trip to the Essex Steam Train and Riverboat Friday! All camp families are invited and encouraged to join us for our Family Fun Day Thursday this week from 4:00-5:00 p.m. with special guest Polynesian Dancer, Kahana Hula.

Week 9: (Aug 16-20) Ticket to Ride!!!!!!!!!!!!

What's not to love about the most popular week of camp? Participate in the Pie Eating Contest, Balloon Toss, Cerdnaskrap Awards, and collect enough tickets to slip down the water slide and sink your counselors in the dunk tank while eating the best cotton candy around! Come and get your ticket to ride campers! Field trip on Thursday this week to the Cromwell Ice Skating Rink. FAMILIES, please join us at 3:30pm for the end of the year camp slideshow! (No extended care this last day of camp.)

Non-Resident Policy

Non-residents are welcome to participate if space allows. Non-residents will be charged an additional \$20 fee, per-session, per-child.

Location

Day Camp is held at the Colchester Recreation Complex (RecPlex) located on Old Hebron Road. This facility offers a variety of amenities to support a general daily activity schedule which includes playscapes, picnic pavilion, tennis & basketball courts, Bocce courts, various ball fields, rest rooms and the very fun water splash pad and skate park!

Dates & Daily Hours

Camp is held from 9:00 a.m. – 4:00 p.m. Monday through Friday. Camp is offered in **9 one-week sessions** starting June 21st and ending August 20th.

Please note there is no extended care available on the last day of camp, Friday, August 20th. You are invited to our Family Fun Days scheduled from 4:00-5:00 p.m. on July 15th and August 12th. All camp families are encouraged to attend at least one of these special events!

SIGN IN/SIGN OUT

You will notice when you arrive at camp you will be asked by your child's counselor to sign in and out each day. Please have your identification ready to ensure a quick and easy sign out. This is a great time to ask your child's counselor any questions you may have. Your feedback is always welcome!

Arrival & Dismissal

Campers are dropped off in their designated area at the RecPlex each morning at 9:00 a.m. Campers are grouped by grade, 1 - 6. Please look for a large sign and balloon with your child's grade on it to determine where you should sign them in. Your child's counselors will introduce themselves to you and your child, you sign them in and the wonderful world of camp begins!

If your child arrives earlier than 8:45 a.m. they will be signed in for morning Extended Care, fees will apply. Please pick up your children promptly at 4:00 p.m. at the same designated spot you signed them in. If your child has not yet been picked up by 4:15 p.m. they will automatically be enrolled in afternoon Extended Care, fees will apply.

Go to our Website:

NorwichBulletin.com

Click on Custom Pubs to View Your
Colchester Connection On-Line



Extended Care

We have improved our Extended Care program to include organized activities, as well as an opportunity to unwind and relax. Extended Care does include a healthy snack to help beat the late afternoon slump.

Extended Care is available for full day campers only. Morning Extended Care is available from 7:00 a.m. – 8:45 a.m. for a flat weekly fee of \$25.00. Afternoon Extended Care is available from 4:15 p.m. – 6:00 p.m. for a flat weekly fee of \$25.00. Please pre register for extended care. If an emergency arises and your child utilizes the extended care program a daily rate of \$15 will be billed to you. Please note Day Camp staff are not permitted to accept payments. All payments must be made in our Town Hall office.

THERE WILL BE NO AFTERNOON EXTENDED CARE ON THE LAST DAY OF CAMP, AUGUST 20th 2010.

HUGE HIGHLIGHTS FOR 2010!

In our continuous efforts to create the best possible experience for our campers, we are happy to announce a number of exciting traditions, new and old, to our full-day camp!

Field Trips

Drum roll please.... we have some new field trips this summer!!! All campers will attend these enriching and fabulous weekly field trips! See the camp calendar as we have added amazing new destinations to go along with our new themes this year! Hip-Hip Hooray!!! What a great way to end the week! Please note; trips are scheduled to change without notice.

Family Fun Days

We welcome parents and family members to join us again during our two family fun days this summer on July 15th and August 12th from 4:00 p.m. to 5:00 p.m. Our campers and super staff want to share the magic of camp with the ones we love! All camp families are invited.

Elective Periods

Each Monday, campers will choose a special activity they will take part in for one hour each day. The elective groups will change from week to week as super staff share and teach the campers their special talents and interests! Our weekly Camp Newspaper is always a special choice offering for kids to participate in!

Tennis – NEW!

Several times during the week campers will have the opportunity to participate in the USTA's Quick Start Tennis program. Specially trained tennis coaches and camp staff will incorporate the USTA's Quick Start Tennis program into camp! Quick Start is a new format to help kids ten and under learn and play the game. To make it easier for them, a few things have been changed. The court sizes, racquet sizes, balls, scoring system and event the net height. All campers will enjoy tennis games, carnival type activities and innovative tennis skill building all summer!

What do we do at camp?

WE ARE SAFE & WE HAVE FUN! Day camp strives to expand imagination, creativity and friendships. Team building activities, enriching games, and a variety of athletics provide a perfect vehicle for building self-confidence, self-esteem, and physical fitness in all our campers through a non-competitive environment. Children are encouraged to reach individual goals and levels of success while having FUN! At the same time they learn to feel wonderful about their individual abilities and talents while developing the values of teamwork, friendship and good sportsmanship.

Each day at camp offers a variety of programs such as drama, nature, sports & games, archery, arts & crafts, music, journalism, and many other team building activities.

Our special events are designed around our weekly themes complete with costumes and special guest performers that are a memorable part of every camper's summer. Its no wonder camp creates friendships that last a lifetime!

PLEASE note, we are a "Peanut Free Camp."

**DAY CAMP
9 WEEKS!**

DOREENS DANCE

The American Red Cross returns to Colchester Fourth Annual Blood Drive

The American Red Cross returns to Colchester day Camp at JJIS on July 22nd. We ask and encourage you to please come give the gift of life and donate! Our record breaking turnout the past three years has been truly amazing and we are thrilled to invite you back again this year! A magnificent THANK YOU goes out to our CIT's, camp staff, community members, and all who volunteered and donated. We are so proud of all of you who make up our community.

Other Important Camp Details

RED ZONE DAYS

Red Zone or Extreme Heat Days are WET & WILD at camp! Many extra water activities are scheduled throughout the day. The WATER SPLASH PAD will be open and running and sure to be a favorite for all campers! However, if the heat becomes a hazard, we will move campers to Jack Jackter Intermediate School located on Halls Hill Road. You may visit our website at <http://www.colchesterct.gov> or call the Day Camp office at 860-537-6583 to confirm our location for pick up. We reserve the right to transport campers locally as needed (rainy days, special events, etc.). Visit our website and subscribe to our mass email list and we will notify you of any changes.

Discipline

Our Day Camp staff adheres to a fair but strict discipline policy. Campers whose behavior interferes with a positive camp experience or safety for other campers or staff may be subject to dismissal.

Notices and Flyers

If your child leaves camp before closing ceremonies or will be missing a day or two, please check with your child's counselor for information and reminders about upcoming special events or other activities your child will need to be prepared for upon his/her return to camp. All flyers, reminders etc. are distributed to campers at dismissal time.

Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs and user fees cost prohibitive.

Photo Permission

Participants permit the taking of photographs and video of themselves and their children during recreation activities for publication and use by the Parks and Recreation Department for promotional purposes unless otherwise stated. Check our website weekly for updated photos on our photo gallery.



Teens Saving Lives!

4th Annual Blood Drive Colchester Day Camp at JJIS

The American Red Cross returns to Colchester Day Camp at JJIS on July 22nd. Please come and give the gift of life and donate blood. Our record breaking turnout last year was amazing and we are thrilled to invite you back again this year! Thank you to our CIT's and all who participated, volunteered and donated.



Sponsored by Colchester Parks & Recreation's Day Camp 2010
Counselors in Training & Staff:

JACK JACKTER INTERMEDIATE SCHOOL
315 HALLS HILL ROAD, COLCHESTER
Thursday, July 22, 2010 from 1:00p.m. - 5:45p.m.



**American
Red Cross**

The need is constant.
The gratification is instant.
Give blood.



1-800-RED CROSS
(1-800-733-2767)
redcrossblood.org

What and What NOT to Bring to Camp!

● **NO PEANUT BUTTER!** We are a peanut free camp, please DO NOT BRING PEANUT BUTTER, or anything containing peanuts. Certain granola bars, chex mix, candy bars, cracker jacks etc.

● **LABEL EVERYTHING!!** In addition to all clothing, please label lunch boxes, towels, water bottles, backpacks, sunscreen etc. If your child loses something, check the LOST & FOUND located outside the Day Camp Office. All unclaimed articles will be donated to charity each Monday.

● **SANDALS ARE NOT ALLOWED!** All campers should wear sneakers. With the exception of CROC style shoes. Water shoes are required in the Water Splash Pad area. If a child does not have water shoes, he/she will not be allowed to enter the splash pad that day.

● Bathing suits, towels, lunch, and a water bottle should be sent with each camper daily. (Your camper will also have the option to purchase bagged lunch as they were last year. Further details will be available closer to the start of camp.)

● Please apply waterproof sunscreen to your child prior to their arrival at camp. We recommend that you send sunscreen with them daily and teach your child how to re-apply sunscreen at camp to protect them from sunburn.

● Please do not allow your child to bring expensive/valuable items to camp such as Gameboys, PS2's, IPODS, MP3 Players, cell phones. We are not responsible for lost or stolen items.

Lunch

Please send your camper with lunch and a healthy snack each day. Do not send glass containers. There is NO refrigerator available, so please include an ice pack. We highly recommend sending your child with a water bottle, which may be refilled as needed throughout the day at the water fountain. Re-usable containers are encouraged to reduce waste at the water park. There will be occasions during special events when we will offer a special snack as it relates to a theme. Also we have a no tolerance policy for any knives or other dangerous objects. Please do not pack any butter knives for your child's lunches.

Please remember, we are a **PEANUT FREE CAMP**.

Campers also have the option of purchasing a special sandwich lunch meal deal from a local restaurant, which is delivered to camp each day. Order forms are available in the Day Camp office.

*Every Child
Matters To Us!*

KINDERCAMP

Here is some information specific to Kindercamp. We strongly recommend you read this entire brochure.

Kindercamp (for children who will turn 3 years old before 12/31/09 through entering kindergarten) is our specially designed camp for pre school children. Under the guidance and care of our mature, gentle staff, our youngest campers are given a special experience.

Our program recognizes the social and motor skill level of pre-school children. It has been created to provide a warm, nurturing atmosphere where our youngest campers are encouraged to expand their horizons while feeling safe and cared for. What better way can there be to start their wonderful camp years?

This terrific group of returning counselors come together to make each day at Kindercamp the best ever for our three, four, and five year old campers. With the wonderful world that has been created for them, it is no surprise that every day is magical for our youngest campers and that the Kindercamp experience establishes an enthusiasm and love of camp that will last well into adolescence while providing them with a lifetime of memories!

Kindercamp has an outstanding staff that works exclusively with our youngest campers. Kindercamp is held from 9:00 a.m. to 11:30 a.m. Monday through Friday with other options also available. (See below.) Kindercamp is offered in 9-one week session starting June 21st and ending August 20th. The staff to camper ratio for Kindercamp is 1:8. Extended care is not available for Kindercampers. Please be sure to send your child with a healthy snack each day. For the safety of all campers we are a peanut free camp. Please do not send your camper with any peanut products. Please apply waterproof sunscreen to your child prior to their arrival at camp. We also ask that you please send your kinder camper to camp in their bathing suit.

Again, please have your child wear a bathing suit to camp and apply waterproof sunscreen to your child prior to their arrival.

For the safety of all campers we are a PEANUT FREE CAMP!!

Camp Fees –Prices based on 1 week sessions

Plan A	Monday – Friday	\$ 67
Plan B	Mon/Wed/Friday	\$ 50
Plan C	Tues/Thurs	\$ 40

There is a one time \$5.00 administrative fee per child, which includes a 2010 Colchester Day Camp t-shirt!



Special Discounts!

Multiple Week Discount: 5%

Sibling Discount: 5%

Week 1 June 21 – June 25

Week 2 June 28 – July 2

Week 3 July 5 – July 9

Week 4 July 12 – July 16

Week 5 July 19 – July 23

Week 6 July 26 – July 30

Week 7 August 2 – August 6

Week 8 August 9 – August 13

Week 9 August 16 – August 20

Arrival and Dismissal

Kindercampers are dropped off in the designated area at the RecPlex each morning at 9:00 a.m., no earlier please. Kindercamp's drop off point is under "Tim's tree" the big tree located behind recreation field R5. They are picked up at 11:30 a.m. at either the playground or the spray park. There is no Extended Care for kindercampers. After 11:35a.m. there is a \$5.00 late charge for every 5 minutes or part thereof that a parent is late picking up a child. We appreciate your promptness.

The Daily Deal

Kindercampers start their day with their own opening ceremonies. Then the world of camp opens! Activities vary; each day includes arts & crafts, games, music, storytelling, playscape time, water activities, nature hikes, special events and more! The **WATER SPLASH PAD** is a favorite for all campers!

Some special guests include CT Audubon Society, Mystic Aquarium's traveling touch tank, Polynesian Dancers and story telling, and Funtastic Inflatables which adds special excitement to our Kindercamper's day!

Rainy Days at Kindercamp

If it is raining, we will hold Kindercamp, along with the Day Camp, at **Jack Jackter Intermediate School**. Please use the gym ramp entrance. For consistency, we will try to make the decision as early as possible. Once your camper is signed in, if an issue arises, we will transport all campers to JJIS by bus. Kindercampers will travel as a group and will be accompanied by their counselors during the relocation process. If there is ever a question of where camp might be, please call the camp office at 537-6583.



Kindercamp Themes 2010!

Week 1: Four Seasons-Color My World

Week 2: America the Beautiful

Week 3: Birds, Bugs, Bunnies & Butterflies

Week 4: Bubbles Under the Sea

Week 5: Fun on the Farm

Week 6: Once Upon a Time

Week 7: Dynamic Dinosaurs

Week 8: Super Sticky Science

Week 9: Ticket to Ride!

Themes are subject to change without notice.

Registration packets are available in the Parks & Recreation office.

Please bring a copy of your child's birth certificate & a current medical record when registering.

PUBLIC OFFICE HOURS

Monday - Friday
8:30am - 4:30pm

**The office is
OPEN
Until 7pm
on Thursdays
through
June 17**

Dr. Steven C. Lakes, DMD



Dr. Richard Schwab, DDS
Dr. Gerard Venture, DDS
Theresa Beeman, RDH
Kelly Darby, RDH
Barbara Papandrea, RDH

**Welcomes
New Patients!
Ages 2–adult**

- **Saturdays & Evenings**
 - Teeth Whitening
 - Tooth Colored Fillings
 - Root Canals
 - Extractions
 - Dentures
 - Routine Cleanings
 - Exams
 - Crowns & Bridges

We participate with most insurance companies, including Anthem, Delta, MetLife, Cigna, Aetna, Electric Boat, United Healthcare, Foxwoods & many more.

151 Broadway
Colchester, CT 06415
860-537-1444
860-537-6648





2010 DAY CAMP DAILY SCHEDULE

Themes and activities are subject to change without notice. For information call...Day Camp Office (during camp hours): 537-6583
arks & Recreation Office: 537-7297. Campers are required to wear their 2010 Camp T-Shirts on trip days. CAMP RAIN LOCATION JJIS.

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1: (June 21 - June 25) Express Yourself ~ Friendship Week

21 Meet & Greet Icebreakers Camp Newspaper & Electives	22 Friendship Name Bracelets & Secret Hand Shakes!	23 Rock, Paper, Scissors Tournament! Express Yourself with "I AM" Games & Fantasy Face Paint with Ruth!	24 Camp Ice Cream Social Hip Hop Dancer!	25 FIELD TRIP Creamery Brook Bison, Brooklyn, CT Make Ice Cream, Butter & Visit the Petting Zoo! Wear Camp T-Shirt
--	--	---	--	--

WEEK 2: (June 28 - July 2) America the Beautiful

28 Celebrate American History! Camp Newspaper & Electives	29 Annual Letters to American Troops in Iraq.	30 FIELD TRIP New Britain Rock Cats Baseball Game Wear Camp T-Shirt	1 Chicken Soup for the American Soul & All Camp Sing Down	2 American Pep Rally! Wear Red, White & Blue!
---	---	---	---	---

WEEK 3: (July 5 - July 9) Keepers of Mother Earth

5 Environmental Encounters, Reduce, Reuse, Recycle Camp Newspaper & Electives	6 CAMPARDY with Keith Alan!	7 Forest Friends, What Can We Do To Help Mother Earth? Nature Scavenger Hunt	8 Hippy Day Annual Readings of The Lorax All Camp Planting Party!	9 FIELD TRIP Maritime Aquarium! Norwalk, CT Wear Camp T-Shirt
---	---------------------------------------	--	---	---

WEEK 4: (July 12 - July 16) To the Moon & Beyond...

12 Constellation Collectors... Camp Newspaper & Electives	13 Is Pluto Still a Planet? Happy Camper Horoscopes!	14 Space Exploring! Fantasy Face Paint w/Ruth!	15 Star Cards & a Hip Hop Dancers at Fantastic Family Day 4-5 pm	16 FIELD TRIP Yale Planetarium and Peabody Museum New Haven, CT Wear Camp T-Shirt
---	--	--	--	---

WEEK 5: (July 19 - July 23) The Best of the Best... Taste Ticket 2 Ride

19 Tye Dye & Arts-n-Crafts (Bring White T-Shirt) Camp Newspaper & Electives	20 Camper's Choice Awards & Wacky Hair Day	21 Campers Got Talent & Fashion Show Taste Ticket 2 Ride	22 Annual American Red Cross BLOOD DRIVE at JJIS Bike Rodeo	23 FIELD TRIP Old Saybrook Beach Ice Cream & Mini Golf Wear Camp T-Shirt
---	--	--	---	--

WEEK 6: (July 26 - July 30) 2010 Olympic All Stars

26 Camper Olympics Team Country • Team Colors • Team Chants Camp Newspaper & Electives	27 Teams for Relay Olympic Points! Favorite Sports Day!	28 Super, Thrills, Chills & Spills with Olympic Water Games!	29 CAMPARDY with Keith Alan!	30 FIELD TRIP The Only Game in Town North Haven, CT Olympic Awards Ceremony! Wear Camp T-Shirt
--	---	--	--	--

WEEK 7: (August 2 - August 6) Mysteries, Maps, Riddles & Races

2 Giants, Wizards & Elves Oh My! Camp Newspaper & Electives	3 Map Your Way to the Magic Carpet Through Speed Passes & Relay Races	4 Princess & Pirates Day! Fantasy Face Paint with Ruth!	5 TWINS DAY!! Solve the Mystery by Decoding Team Riddles.	6 FIELD TRIP Norwich Ten Pin Bowling! Wear Camp T-Shirt
---	---	---	---	---

WEEK 8: (August 9 - August 13) Exploration Around the World

9 Irelands History Luck & Culture Camp Newspaper & Electives	10 Year of the Tiger & Chinese New Year (Surprise Event!)	11 Toga Party in Greece... Ancient Empire Day!	12 ISLAND HOPPING & KAHANA HULA POLYNESIAN DANCERS FANTASTIC FAMILY DAY 4-5 PM	13 FIELD TRIP Essex Steam Train & Riverboat Ride Wear Camp T-Shirt
--	---	--	--	--

WEEK 9: (August 16 - August 20) Ticket 2 Ride!

16 CAMPARDY with Keith Alan! Camp Newspaper & Electives	17 All Camp Pie Eating Contest & Balloon Toss!	18 	19 FIELD TRIP Cromwell Skate Rink! Camp Group Photos! Wear Camp T-Shirt	20 LAST DAY! Cerdanskrap Awards! Talent Show & Project Runway, 3:30 Camp Slideshow Pick up 4:00pm at JJIS. No P.M. Extended Care
---	--	---------------	---	--

Basic Dog Obedience

Ages 18 yrs old & older

This 7 week class is designed to create a deeper dog-owner bond, address some behavior issues and help owners understand how their canines communicate. Six basic obedience commands will be covered: come, heel, sit, down, stay & stand as well as temperament type. This class is appropriate for dogs eight months and older. The first class is for OWNERS ONLY and will enlighten you as to what to expect from this class. Enrollment will be finalized with a brief phone consultation with the trainer before the first class. Please bring a chair to the first class and wear comfortable clothes and footwear.

Session 1

Registration deadline 6/8.

Tuesdays, June 15 - July 27

Colchester Town Green

6:00 – 7:00 p.m.

Fee: \$100

**Non-Res. Add'l \$20
Activity # 4113.148**

Session 2

Registration deadline 8/9.

Mondays, August 16 – October 4

Colchester Town Green

6:00 – 7:00 p.m.

Fee: \$100

**Non-Res. Add'l \$20
Activity # 4113.151**

Beginner Pilates

Ages 18 years old & older

Let's get to work! This beginner pilates class will strengthen core abdominal muscles through basic Pilates techniques. Get those long lean muscles you've always wanted. The body of a dancer without all those hours of training. Participant may bring their own mat. Please wear comfortable light clothing and bare feet or socks. 7 week session

Registration deadline 7/1.

Tuesdays, July 6 - August 17

6:30 – 7:30 p.m.

Dance Academy of Colchester

Fee: \$75

**Non-Res. Add'l: \$20
Activity # 4113.155**

CPR Adult Re-Cert

Ages 16 years old & older

This is a Re- Certification class ONLY. You must have an unexpired certification to attend. Registration deadline 6/1

Tuesday, June 8th

6:00 p.m.

CML Norton Room A

Fee: \$45

**Non-Res. Add'l: \$20
Activity # 4113.152**



Adult CPR New Cert

Ages 16 years old & older

NEW - CERTIFICATION-This course is designed for those who care for adults. This course teaches how to recognize and care for breathing and cardiac emergencies and how to use the EMS system effectively. Participants take home a refresher skills card as well as information about preventing injuries. Learn the skills of providing lifesaving CPR from a certified instructor. Participants will be certified by the American Red Cross upon completion and passing of a written examination and skill stations.

Registration deadline 6/1.

Monday, June 7

6:00 p.m.

CML Norton Room A

Fee: \$45

**Non-Res. Add'l: \$20
Activity # 4113.153**

First Aid Cert

Ages 16 years & older

American Red Cross First Aid Certification is designed to teach lay responders the knowledge and skills necessary to give care in an emergency, help sustain life and minimize the consequences of injury or sudden illness until medical help arrives.

Wednesday, June 16

6:00 p.m.

CML Norton Room A

Fee: \$10

**Non-Res. Add'l: \$20
Activity # 4113.154**

Taekwondo Intro

Ages 11 & Older

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone ages 11 years old and up! This is a perfect family class! These Taekwondo classes will teach basic knowledge of Taekwondo as well as helping to increase flexibility and physical fitness. This is a one-month, new student, program that offers a very flexible training schedule. You are welcome to train during any and all class times that are open for your age. Come and try out this exciting and challenging sport! And the registration fee includes a free uniform! You may only participate in this program once.

Class Times: Monday & Wednesday: 6:30-8:00 PM;

Tuesday & Thursday: 7:00-8:30 PM

Colchester Chung Do Kwan Academy

Fee: \$50 Non-Residents Add'l: \$20

June: Activity # 4103.145 Registration deadline 5/25

July: Activity # 4103.146 Registration deadline 6/25

August: Activity # 4113.147 Registration Deadline 7/25

Go to our Website:

NorwichBulletin.com

**Click on Custom Pubs to View Your
Colchester Connection On-Line**



Tennis Ladder Adult Singles Recreational

Ages 16 years old & older

The 2010 Colchester Adult Recreational Tennis League is open to any interested Colchester residents and non-residents age 16 and over. The league will utilize an online tennis ladder system, which will maintain match schedules, results, standings and ratings. The tennis program will run from spring through summer and be played at the Colchester RecPlex Tennis Courts or Bacon Academy courts. Actual schedule dates and times will be distributed on a weekly basis as signups are completed & can be flexible to your personal needs. If you are interested or have further questions please call: Don @ 537-9201. In addition to registering please email Don at dpizzoferrato@aerodynealloys.com communication will be primarily through emails.

Fee: \$25

Non-Res. Addl: \$20

Activity # 4113.144

Yoga Moderate

Ages 16 years old & Older with Parent

This class is great for all levels of yoga practice! Learn pranayama (breathing practice) along with yoga postures to improve your strength, flexibility and relaxation. Beginners are welcome as modifications will be given and alignment of posture will be emphasized. Take some time from your busy week to release tension and stress! (Wear loose clothing and bring a yoga mat) Ages 16 and older are welcome to participate with a parent.

Tuesdays, 6:15 – 7:30 p.m.

JJIS Café (Use Night Entrance)

June 22 – July 19

Registration deadline 6/15

Fee: \$36

Activity # 4113.141

4 week session

Non-Residents Add'l: \$20

July 27 - August 17

Registration deadline 7/20

Fee: \$36

Activity # 4113.149

4 week session

Non-Residents Add'l: \$20

Yoga Power

Ages 16 years old & Older with Parent

Power Yoga: This strong power flow class is a workout suitable for experienced power students or for students who have some yoga experience and want to challenge their practice. Plan to sweat while building overall body strength, balance, and flexibility. The class ends with relaxation and meditation. Great for serious athletes and recreational athletes. Bring a yoga mat, water, and a towel.

Tuesdays, 5:15 - 6:00 p.m.

JJIS Café (Use Night Entrance)

Session 1:

June 22 – July 19

Registration deadline 6/15

Fee: \$36

Activity # 4113.142

4 weeks

Non-Res. Add'l: \$20

Session 2:

July 27 - August 17

Registration deadline 7/20

Fee: \$36

Activity # 4113.150

4 weeks

Non-Res. Add'l: \$20



Zumba

Ages 13 & Older with Parent

Zumba eliminates the “work” from “working out” by combining irresistible Latin & International music with dynamic, yet simple exercise moves to create a fun dynamic fitness program. Zumba utilizes the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning. This Latin-based group exercise class is fun and easy to do. No dance experience required!. Ages 13 & up welcome to participate with a registered adult.

Tuesdays, 6:00 – 7:00 p.m.

JJIS Multi Purpose Room 79 (Use Night Entrance)

Session 1:

June 8 – June 29

Registration deadline 6/1

Fee: \$16

Activity # 4103.143

4 weeks

Non-Res. Add'l: \$20

Session 2:

July 6 – July 27

Registration deadline 7/1

Fee: \$16

Activity # 4103.151

4 weeks

Non-Res. Add'l: \$20

Session 3:

August 3 – August 17

Registration deadline 7/17

Fee: \$12

Activity # 4103.152

3 weeks

Non-Res. Add'l: \$20

Adult Pick Up Basketball

Ages: 18+

This program is for adults 18 and up. The Basketball Court at the RecPlex has been reserved for this program. Please bring your own ball. There is no fee, just time reserved. No pre-registration is required.

Tuesdays June 16- August 25

6:00pm - 9:00pm

RecPlex Basketball Courts

I'm So Tan^{LLC.}
Tanning Salon

Monday–Friday 9am–8pm
Saturday & Sunday 10am–5pm

188 Norwich Ave.
Suite C6
Colchester, CT 06415

Darlene K. Marotta
860-537-8826
www.imsotan.com



Family Camp Out

All Ages

Grab a tent and some sleeping bags, and we'll do the rest! Bring the family out for these easy overnights, with family activities, cookout, night hike and marshmallow roast. Our August Camp out this year is Co-Sponsored by the Colchester Land Trust. The Land Trust will be offering a breakfast in the morning as well as a day hike on the new addition to the Ruby Cohen property. In addition they will be providing information to families about Colchester's open space, land conservation and seeking new members for the Trust.

Cohen Woodlands, 6:00 p.m.

\$8 per person

Saturday June, 26th

Registration Deadline Friday, June 18th

Activity Number 8122.400

Friday August 20th,

Registration Deadline Friday August 13th

Activity 8122.401

Parent-Child Mini Golf Tour

Ages: All ages

General Info

Each team will play a total of six different miniature golf courses in the area. Five of the courses the teams will play on their own schedule, completing them by July 31 - each of the five courses, listed on the enclosed tickets, will be played once. The final course will be played by everyone at the same time for a playoff.

Teams

Teams will consist of one adult and one child (under 18) - not necessarily parent and child. This same team will play together at all courses.

Playing the Courses

Using the enclosed passes, each player will have a free game at each of the listed courses. You may play these courses any time you like between now and July 30. Completed score cards from each course must be submitted to Colchester Parks & Recreation by August 8. While prizes will be awarded, this is purely recreational - we will assume that all reported scores are accurate.

Championship Playoff

In August (date/time TBA) we will hold a playoff match. ALL teams are eligible to participate - you do not have to qualify. At the playoffs, we will have an "End of the Tour" party with refreshments and award prizes.

Prizes

Prizes will be awarded for participation at each of the courses, as well as for overall participation, plus a few "fun" prizes.

Directions

Directions to each of the courses are listed on the backs of the admission tickets.

Fee: TBD

Preschool

Million Dollar Babies

Ages: 2 & 3 year olds

Parent and child can experience the world of dance together in this six-week workshop. Children will be introduced to dance through rhythmic games, basic dance vocabulary, and spatial awareness exercises. Musical rhythm and loco-moto movements are explored in a fun and interactive way. Registration deadline July 1st. 6 weeks

Wednesdays, July 7 - August 11

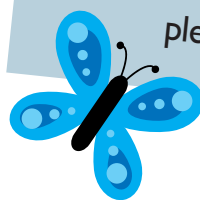
5:45 - 6:30 p.m.

Dance Academy of Colchester

Fee: \$75

Non-Res. Add'l: \$20

Activity # 6113.122



For information on our
Kindercamp Program
please visit pages 25 & 26



Little Klippers
"Truly A Place Where Kids Can Be Kids"

**Colchester's
Only Children's
Hair Salon!**

Your child will love sitting in our golf cart or airplane chairs while getting their hair cut...and for the older children Xbox 360 Sports Games!

**We Carry the Full Line of
Fairy Tales Hair Products for Children.**

**1st Haircut Certificates Include a Picture
of Your Child & a Lock of Their Hair!**

11 Hayward Ave., Unit #5 (in the Barn) Colchester, CT
New Location: 7 Park Ave.
Phone: 860-537-4000 • www.littleklippers.com

Appointments Preferred / Walk-Ins Welcome If Time Allows

Sun. Closed; Mon. & Tues. 10-5; Wed. Closed; Thurs. 10-7; Fri. 10-5; Sat 8-2

NY Yankee Stadium Tour and American Museum of Natural History
All Ages

Departure from your area with a coffee stop en route. Heading south to New York City, our first stop will be the American Museum of Natural History. You'll have time to explore, at your own pace, the museum exhibit halls. Highlights include the world famous dinosaur halls and the brand new Gottesman Hall of Planet Earth where you can stand at the lip of an exploding volcano, feel an earthquake, and ride out tornadoes and hurricanes. You'll also see the \$210 million addition to the American Museum of Natural History, The Rose Center For Earth and Space. The centerpiece of the Rose Center is an eighty-seven-foot sphere housed in a cubic glass-walled structure. Inside the sphere you will fly on an unforgettable journey through a virtual re-creation of our Galaxy and beyond. Enjoy lunch on your own within the museum. At 1:30 enjoy the Space Show "Journey to the Stars" Featuring extraordinary images from telescopes on the ground and in space and in stunning, never before seen visualizations of physics-based simulations, the show launches you through space and time to experience the life and death of the stars in our night sky, including our own nurturing Sun. After the show, return to the bus for a short ride to the new Yankee Stadium.

We will then arrive at the New Yankee Stadium where we will enjoy a tour of "the home of the 27-Time World Series Champions" The beautiful new stadium was built next door to the previous one and was opened in April 2009. Much of the stadium incorporates design elements from the previous Yankee Stadium, paying homage to the Yankees' history. The tour of "The House That Ruth Built," lasts 45 minutes to one hour and includes visits to the New York Yankees Museum, Monument Park, the dugout, the clubhouse and batting cages. After the tour you will travel home with many pleasant memories of your NEW York City Getaway

Departure Date: August 14th

Departure Time: 7 am

Fee: \$95 for Adults \$78 for Children

Boston On Your Own
All Ages

It's the ride of your life aboard the Duck – an amphibious vehicle that rides on land and becomes a boat in the water. Enjoy a narrated tour by your conDUCKtor. See the gold domed State House, Old North Church, Newbury Street, Back Bay, Trinity Church, Cheers Bar, lovely gardens and all the interesting sites Boston has to offer. Then splash down right into the Charles River for a breathtaking waterside view of Boston. There will be time on your own for shopping and dining at Quincy Market after the tour.

Date (s): Saturday, September 11, 2010

Departs From: East Hampton Parks and Recreation

Departure Time: TBA

Estimated Arrival Time: TBA

Fee: \$75

Boston Red Sox Game
All Ages

Date (s): Sunday, September 5, 2010

Departs From: East Hampton Parks and Recreation

Departure Time: 3:15PM.

Estimated Arrival Time: 5:00PM

Time of Event if applicable: 7:05 pm.

(subject to change)

Fee: \$130/ person

Pumpkin Festival
All ages

Celebrate Halloween early!! On Saturday October 2nd, 2010 join us on a bus trip to the pumpkin capital of New England, Keene, N.H.

While in Keene, you will get to see over 19,000 hand-carved and decorated creations. The entire family can spend the day downtown with special activities for the kids including a costume parade, a seed spitting and pie eating contests, live music on three stages, facepainting, craft booths, lots of food provided by area non-profits, and much more.

Date (s): Saturday, October 16th, 2010

Departs From: Hebron Town Hall

Departure Time: 8am

Estimated Arrival Time: 10:15am

Fee: \$40

Providence WaterFire
All ages

WaterFire centers on a series of 100 bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown Providence. The string of fires illuminates nearly two-thirds of a mile of urban public spaces and parks, and residents and visitors gather to stroll along the river. WaterFire is an experience that surrounds viewers on all sides and impacts all five senses. The crackling flames, the fragrant scent of blazing cedar and pine, the flickering firelight on the arched bridges, the silhouettes of the firetenders floating by in their torch-lit vessels, and the extraordinary music from all around the world engage all of the senses and evoke unique emotions from the many who come to stroll along the river walks.

Date (s): Saturday, August 7th, 2010

Departs From: Hebron Town Hall

Departure Time: 8:00am

Fee: \$40

• Auto • Life
• Home
• Commercial

LIKE A GOOD NEIGHBOR,
STATE FARM IS THERE.
Providing Insurance and
Financial Services

Paul Catalano, CLU, ChFC
87 Lebanon Ave.
Colchester, CT 06415-2739
Bus: 860-537-3338
www.catalanoinns.com



PO58005 03/05

State Farm • Home Offices, Bloomington, IL

Noshing thru Manhattan

All Ages

New York City is famous for its food from around the world. Throughout this guided tour, you will taste a variety of ethnic foods and enjoy sightseeing in Hell's Kitchen, Little Italy, Chinatown, Greenwich Village and the Lower East Side (stops may vary). The tastings will be served on and off the coach and are enough for lunch. Sample stops may include: Russ & Daughters Appetizing, Rocco's Pastry, and Faicco's Pork Store.

Date (s): June 12, 2010

Departs From: Colchester Town Hall

Departure Time: 8:00 am

Return ETA: 6:00 pm

Fee: \$94.00

New York City and King Tut Exhibit

All Ages

Depart from Colchester en route to New York City. Upon arrival to the city, enjoy lunch on your own in the Times Square area. After lunch, you will be transported to the brand new Discovery Times Square Exposition Center. Here, after 30 years, the greatest exhibition of all time returns to New York City- Tutankhamun: The Golden Age of the Pharaohs! The exhibition features 50 objects from the tomb of Tutankhamun including the gold sandals that adorned the mummy's feet and a beautifully adorned canopic jar that mummified his internal organs. In addition to the treasures from the tomb of Tutankhamun, 80 ancient artifacts are featured, which highlight many of the most significant rulers of ancient Egypt such as Khafren, whose great pyramid is the only remaining structure of the seven wonders of the ancient world and Hatshepsut, the queen who became king. You will also receive an audio tour wand to enhance your experience with the exhibit. Join us for this golden day.

Dates: July 18, 2010

Departs From: Colchester Town Hall

Departure Time: 7:00 am

Fee: \$105.00/Adult \$90.00 / Child

Tanglewood, Lenox, MA –

Boston Symphony Orchestra Concert

**Sponsored by and proceeds support the Colchester Civic Orchestra
Ages 6+**

Tanglewood is the summer home of the world renowned Boston Symphony Orchestra. Nestled in the stunning Berkshire Mountains of Lenox, MA, Tanglewood is the ideal setting to listen to live music. This trip departs from Colchester and, upon arrival at Tanglewood, you will have ample opportunity to explore the grounds and picnic on your own (plan to bring your lawn chairs/picnic blanket and your own picnic lunch, or purchase lunch from Tanglewood concessions). The concert begins at 2:30 pm, and your trip includes a seat under Koussevitsky Music Shed, where you'll enjoy the music of George Gershwin, Gunther Schuller, and Leonard Bernstein. Under the direction of conductor Robert Spano, the BSO will perform Gershwin's American in Paris and Piano Concerto, Schuller's Seven Studies on Themes of Paul Klee, and Berstein's Prelude, Fugue, and Riffs, for clarinet and jazz ensemble. Tanglewood has a variety of offerings for visitors from lawn chair rental to children's programs before the concert. Visit www.bso.org more information to customize your experience! There are a limited number of tickets available so be sure to reserve your spot now.

Date: August 15, 2010

Departs From: Colchester Town Hall

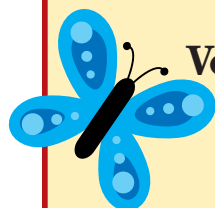
Departure Time: 9:00 am

Return Time: Will depart immediately following concert. ETA in Colchester 7:00 pm

Fee: \$65/person (Includes concert ticket and bus transport—Colchester P&R not responsible for availability of services reserved through the BSO website)

Join The Team!

**Colchester Parks &
Recreation
introduces the
Volunteer Brigade!**



**Orientation Session
Wednesday, June 30
6:00-9:00pm
Town Hall, Room 1**

Team members will be eligible for our many, varied volunteer opportunities throughout the year, such as Park Ambassador, Special Event Assistant, Marketing & Promotions Assistant and more.

Personal benefits of participation in the team include:

- Being a part of your community
- Sharing your expertise
- Learning or developing a new skill
- Increasing career options
- Sense of achievement/contribution
- Meeting diverse people
- Improving your health
- Being a role model



Team members will be provided with an official team t-shirt and badge, and must submit to a background check performed by the town. Team members completing a minimum level of service will also be invited to the exclusive appreciation event and awards ceremony held each fall.

Prospective team members must participate in a one-time training/orientation, which will be offered multiple times per year. Pre-registration for the June 30 session is encouraged – please contact Parks & Recreation at 537-7297 or parksandrec@colchesterct.gov to reserve your spot or for more information.

Band Lessons

This program is available to all Colchester Band students. Lessons will be offered for flute, clarinet, saxophones, trumpets and bass guitar. If you want to make more progress than can be accomplished in group lessons, prepare for auditions and/or the JJIS Solo Ensemble concert this is for you.

Lessons are every 30 min. from 8:30 - 2:30 p.m.

Register early for best availability.

JJIS Music Room

Summer Session 1
Tuesdays, June 22 - July 27
Fee: \$110

5 weeks
No class July 20
Non-Res. Add'l: \$20
Activity # 7113.515

Summer Session 2
Tuesdays, August 3 - Aug 24
Fee: \$88

4 weeks
Non-Res. Add'l: \$20
Activity # 7113.516

**Bobcat Basketball Camps****Bobcat Boys****Entering Grades**

This basketball camp concentrates on offensive skill development. Each day players will focus on shooting, one-on-one play, ball handling and position play. Players will be grouped based on ability. Games will be played daily. The coaches' goal for this camp is to further develop players of all abilities, to increase the player's desire to improve their own basketball skills and foster the love of the game! Head coaches are CT and National Association of Coaches certified.

Camp directed by BA varsity boys basketball coach Kevin Fennell.

Entering Grades 6 - 9

July 5 - July 9
9:00 a.m. - 11:30 a.m.

BA Gym
Fee: \$60

Non-Res. Add'l: \$20
Activity # 7113.510

Bobcat Girls

This is a great opportunity for girls entering grades 5 - 7 to learn the fundamentals and improve their skills. Clinic will consist of drills, scrimmages and competition. The clinic will be directed by former UCONN player John Shea who has coached at the junior high, high school, AAU and college level. The clinic administrator is Dave Shea. Registration deadline is 7/19.

9:30 a.m. - 12:00 p.m.

BA Gym
Fee: \$60 per week



Non-Res. Add'l: \$20

Entering Grades 5 - 7
July 26 - July 30

Activity # 7113.511

Entering Grades 8 & 9
August 2 - August 6

Activity # 7113.517

The Colchester Community Theatre Children's Summer Theater Workshop

The Colchester Community Theatre (CCT) announces its Children's Summer Theater Workshop, July 12 through July 23. Auditions will be held Wednesday June 2, 6:30 p.m. to 8:00 p.m. and Saturday, June 5, 9:00 - 11:00 a.m., at the St. Andrew Church Hall, 128 Norwich Avenue, Colchester. The workshop is open to all children entering grade 2 through grade 12 in the fall.

Every child must audition to attend the program. There are NO exceptions. Please note that the auditions are used only for determining placement within the program, not for determining if a child is eligible to enter the program. The program is limited to 100 children. In the event that more than 100 children audition, a lottery will be held to determine which 100 children get into the program. Each child is to bring sheet music or an instrumental recording and be prepared to sing. An accompanist will be provided.

The workshop will be held at Bacon Academy Auditorium, July 12 through July 23, Monday through Friday, 9am-Noon, culminating in a show on July 24 at 2:00 p.m. The program fee is \$90 per child (additional \$15 for non-residents - waived for CCT members), payable at auditions. Enrollment and health forms will be completed by parents and/or guardians at auditions as well.

Colchester Community Theatre has chosen Disney's 101 Dalmation Kids for this year's children's summer theatre workshop. This show is produced by special arrangement with Music Theatre International (MTI).

Anyone interested in helping out with this production - programs, publicity, sets, props, backstage, etc. should contact Wallis Johnson at 860-267-1023 or Laura Brown at 860-537-3259.

CCO Summer Concert June 13



Come out and enjoy the Colchester Civic Orchestra and Choir's summer concert on Sunday, June 13, at 4:30 pm. The concert will be held at the Pavilion at Blish Park, Lake Terramuggus, Marlborough. The Colchester Civic Orchestra and Choir is a community group sponsored by Parks and Rec. Current members range in age from 10 to 70 and are from towns all over Connecticut. For information on joining the CCO or on upcoming concerts please visit our website at www.colchestercivicorchestra.org. Time and location are as of publication date, check our website for updates.

Can You Dig It? - Fossil hunt

Ages 6-11

Do you dig Dinosaurs? Archaeology and Paleontology seem like big words to kids. Now Scienstational Workshops for Kids makes them come alive. Each child will partake in a simulated fossil excavation, uncovering the different bones of a dinosaur. Each child will then assemble the bones to form a completed 3-dimensional dinosaur to be taken home. We will bring the excavation tools, labels and specimen bags. We will use our geological time and fossil charts. You will make a plaster fossil replica of an ammonite, Tyrannosaurus Rex tooth or choose from other molds. You'll identify 20-million year old shark's teeth and see other fossil replicas such as, a cave bear tooth, an ammonite, a Tyrannosaurus Rex tooth or a dinosaur egg etc. See and work with our rock and mineral collection. Be a rock hound and identify different rocks and minerals. See and hold our giant pumice rock specimen - it's from Mt. St. Helens. Let's grow some beautiful crystals for you to take home. Come join Scienstational Workshops for Kids. It'll be fun and educational.

July 26, 2010 - July 30, 2010

9:00 am - 12:00 pm

JJIS Multipurpose Room 120

Fee: \$135.00

Non-Res: \$20.00

Activity #

Chemical Magic - Magical Microscopes - Rocks and Minerals

Ages 6-11

Learn to make batteries from fruits or potatoes. Make a fantastic crystal tree. Work with invisible ink. See the happy and sad balls. Work with our powerful magnets. Look at our prepared slides using our microscopes. Learn about the different types of rocks and minerals from our interesting rock and mineral collection. Be a chemical detective. Make glob from glue. Use paper chromatography to separate colors. Make dirty pennies turn clean and clean pennies turn green. Everything will be explained to you so you can go home having learned some interesting science. Hands-on science is the best way to learn. Do it the SCIENSATIONAL WAY.

July 26, 2010 - July 30, 2010

12:30 pm - 3:30 pm

JJIS Multipurpose Room 120

Fee: \$135.00

Non-Res: \$20.00

Activity #

Skyhawks Basketball (Half Day)

Ages 6 - 8 yrs old

This fun, skill-intensive program is designed with the young player in mind. Using our progressional curriculum, our basketball staff focus on the whole player, teaching your child the skills needed both on and off the court to be a better athlete. Each day will start with a "skill of the day" and progress into drills and games. After a week of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs.

· Participant-to-coach ratio: 8:1

· Gear to bring: Appropriate clothing, water bottle, sneakers, and sunscreen

· Food to bring: 2 **peanut free** snacks & water bottle

· Included with purchase: T-shirt and merit award

9:00 am - 12:00 pm

Jul 26 2010 - Jul 30 2010

WJJMS Gym B

Fee: \$115.00

Non-Res: \$20.00

Activity # 6112.191

Skyhawks Basketball (Full Day)

Ages 8-12

This fun, skill-intensive program is designed with the beginning to intermediate player in mind. Using our progressional curriculum, our basketball staff focus on the whole player, teaching your child the skills needed both on and off the court to be a better athlete. Each day will start with a "skill of the day" and progress into drills and games. After a week of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs.

· Participant-to-coach ratio: 10:1

· Gear to bring: Appropriate clothing, water bottle, sneakers, and sunscreen

· Food to bring: Lunch, 2 **peanut free** snacks & water bottle

· Included with purchase: T-shirt and merit award

Jul 26 2010 - Jul 30 2010

9:00 am - 3:00 pm

WJJMS Gym A

Fee: \$139.00

Non-Res: \$20.00

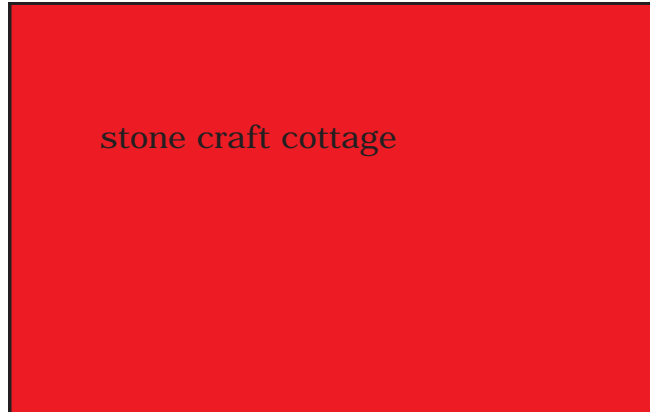


Skyview REALTY
Make Your Real Estate Dreams a Reality!

"Jack Faski And His Team Have Been Serving Your Real Estate Needs For Over 25 Years!"

CALL US TODAY

35 Hayward Ave., Colchester • 1-866-537-9210 toll free
www.skyview-realty.com



Activity # 7112.197

S.N.A.G.-Starting New at Golf**Ages 5 to 8 yrs old**

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided. For safety reasons we utilize special helmets for all campers and keep the instructor-to-camper ratio for this program very low, resulting in limited availability. These programs fill up quickly.

- Participant-to-coach ratio: 8:1
- Gear to bring: Appropriate clothing, water bottle, sneakers, and sunscreen
- Food to bring: 2 **peanut free** snacks & water bottle
- Included with purchase: T-shirt and merit award

July 6 2010 - July 9 2010**9:00 am-12:00 pm****WJJMS Gym B****Fee: \$95.00****Non-Res: \$20.00****Activity # 7112.196****Mini-Hawk (Soccer, Baseball & Basketball)****Ages 4-7**

This multi-sport program gives children ages 4 to 7 a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

- Participant-to-coach ratio: 8:1
- Gear to bring: Appropriate clothing, water bottle, sneakers, and sunscreen
- Food to bring: 2 **peanut free** snacks & water bottle
- Included with purchase: T-shirt and merit award

Fee: \$115.00**Non-Res: \$20.00****Session 1****July 12 2010- July 16, 2010****09:00 am-12:00 pm****WJJMS Gym B****Activity # 7112.192****Session 2****August 9, 2010 – August 13, 2010****09:00am-12:00pm****WJJMS Gym B****Activity # 7112.193****Multi-Sport (Soccer, Baseball and Basketball)****Ages 7-12**

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine soccer, baseball and basketball into one fun-filled week. Athletes will learn the rules & essentials of each sport through skill-based games and scrimmages. By the end of the week your child will walk away with knowledge of 3 new sports along with vital life lessons such as respect, teamwork, and self-discipline.

- Participant-to-coach ratio: 10:1
- Gear to bring: Appropriate clothing, water bottle, sneakers, and sunscreen
- Food to bring: Lunch, 2 **peanut free** snacks & water bottle
- Included with purchase: T-shirt and merit award

June 28, 2010 - July 2, 2010**9:00 am-3:00 pm****WJJMS Gym B****Fee: \$139.00****Non-Res: \$20.00****Activity # 7112.194****Flag Football****Ages 7-12**

Skyhawks flag football is the perfect program for your young athletes who want a complete introduction to America's Game or for those who simply want to brush up on their skills in preparation for league play. Through our 'skill of the day' campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning--all presented in a fun & positive environment. Recommended for beginner to intermediate athletes ages 7 to 12. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron!

- Participant-to-coach ratio: 14:1
- Gear to bring: Appropriate clothing, water bottle, running shoes, and sunscreen
- Food to bring: 2 **peanut free** snacks & water bottle
- Included with purchase: T-shirt and merit award.

July 12- July 16**9:00 am – 12:00 pm****WJJMS Gym A****Fee: \$ 115.00****Non-Res: \$20.00**



Colchester's
Full Service
Computer Store

Computer Consulting, Sales & Service

Custom Built Computers for Home & Business

Offering quality service & support for over 20 years!

✓ On-Site Service	✓ Repairs	✓ Virus/Spyware Removal
✓ Business Solutions	✓ Networks	✓ Printer Supplies
✓ Hardware/Software	✓ Upgrades	

228 Old Hartford Rd., Colchester • 860.537.9002
Open 9am-5pm, Mon-Fri • 9am-1pm, Sat

Activity # 7112.191

Skateboarding

Ages: 7-12

Learn basic skateboarding skills with an emphasis on balance, pushing the board, kick turns, maneuvering, and manual. Participants will be able to show off their skills at an end-of-the-week showcase. Campers will progress as they accomplish skills. Camp will be directed by instructors from Skyhawks Sports Academy.

*Camp will run Monday-Thursday with Friday as a rain back-up, if needed.

- Participant-to-coach ratio: 14:1
- Gear to bring: Skateboard, Helmet/Wrist/Elbow pads, Appropriate clothing, Two Snacks, Water Bottle, Running Shoes and Sunscreen.
- Food to bring: 2 **peanut free** snacks & Water Bottle
- Included with purchase: T-shirt and merit award.

July 19 2010 – July 22, 2010

09:00am-12:00pm

RecPlex Skate Park

Fee: \$95.00

Non-Res: \$20.00
Activity # 7112.195

**Play-Well
TEK**nologies



play-well.org

Pre Engineering FUNDamentals with LEGO

Grades 1 & 2

Have your child become a Play-Well Engineer! Students will build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering with the LEGO® system. With access to over 100,000 pieces of LEGO, your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor to guide them.

July 12 - July 16

9:00 a.m. – 12:00 p.m.

JJIS Media Center.

Fee: \$149

Non-Res. Add'l: \$20
Activity # 7113.513

Engineering FUNDamentals with LEGO

Grades 3 & 4

Have your child become a Play Well Engineer! Students take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with over 100,000 pieces of LEGO® material. From racecars to Battletracks, this is a hands-on and minds-on camp suitable for LEGO novices to “maniacs.” Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension all while having fun.

July 12 - July 16

1:00 – 4:00 p.m.

JJIS Media Center

Fee: \$149

Non-Res. Add'l: \$20

Activity # 7113.514

North American Soccer Camps

North American Soccer Camps, formerly MLS Camps, is America's first choice for soccer, serving over 270,000 enthusiasts annually. Their licensed coaches develop the talent in boys and girls U4-U10 with their Play S.A.F.E curriculum, and challenge more competitive players U10-U18 with their A.T.T.A.C.K. curriculum. MLS Camps is the only camp program in the United States that features Strengths-Based Coaching. As the official camp and clinic of Major League Soccer, MLS Camps offers campers a companion voucher to see an exhilarating MLS game and the opportunity to attend an amazing post-camp MLS team Stadium Graduation event. To register for camp online visit MLScamps.com or for more information contact Chris Woodside, Recreation Specialist, at 537-7297.

WJJMS Soccer Field

Half Day : \$100

Ages 5 to 10

Time 9:00 am to 12:00 pm

Full Day: \$150

Ages 7 and up

Time 9:00 am to 3:00 pm

Session 1

June 21st-25th

Session 2

July 19 – 23rd

Session 3

August 2nd-6th



TAEKWONDO

Classes for ages 4 and up

The Leader in Martial Arts Training!



CONNECTICUT CHUNG DO KWAN ACADEMY



392 South Main St., Colchester
(RT 85 across from McDonald's)

537-6333

231 Merrow Rd., Tolland
(RT 195 next to 7-11)

870-9157

Great Workout
Classes for Children, Teens & Adults
No Contracts - Family Discounts
Call NOW Join the Fun!!

55841

**Mad Science Presents : Young Wizards Science Academy****Ages 5 – 12 Years old**

Become a student of Wizardry with this magical science week. Great for Harry Potter fans! Uncover the scientific principles behind magic. Students will create the dreaded "potion of drought", live a day in the life of a wizard's best friend, create some instant "invisibility", and whip up some troll boogers with a magic wand. The secrets of levitation and other magic tricks which have been passed on from wizards to magicians will be revealed to you. Fun, education & discovery— perfect for any Young Wizard!

Fee: \$115.00**JJIS Multipurposed Rm120****Aug 9 - Aug 13 2010****9:00 am-12:00 pm****Activity # 7122.160****Mad Science Presents: Secret Agent Lab- James Bond Edition****Ages: 5 – 12 years old**

Develop your special agent and detective skills in this super hands-on week of fun! Uncover the science involved in evidence-gathering and analysis. Become a super sleuth and discover many of the science-based "tricks" that spies use. From decoding messages to metal detectors and night vision, campers will have the opportunity to check out spy equipment, and discover the exciting technological tools of detection.

Fee: \$115.00**JJIS Multipurposed Rm 120****Aug 9 Aug 13 2010****1:00 pm-4:00 pm****Activity # 7122.602****Taekwondo Introduction****Ages 4 – 11 years Old**

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone ages 4-11! Students will receive the basic knowledge of Taekwondo as well as physical fitness training. This is a great activity for children because it helps increase focus, concentration and discipline. This is a one-month program that offers a very flexible training schedule. You are welcome to train during any and all class times that are open to beginners. Come and try out this exciting and challenging sport!

The registration fee includes a free uniform! You may only participate in this program once.

Class Times: Monday & Wednesday 5:30-6:30 PM;**Tuesday & Thursday -6:00-7:00 PM****Fee: \$50 Non-Residents Add'l \$20****June: Activity # 7113.910 Registration deadline is 3/25****July Activity # 7113.934 Registration deadline 6/25****August Activity # 7113.935 Registration deadline 7/25****Tennis Ladder HS Singles****Ages 14 – 19 years old**

The 2010 Colchester High School/Teen Divisional Tennis League is open to any interested Colchester resident or non-resident teenager/student interested in playing tennis matches in ladder format. The league is open to players ages 14 - 19. This competitive league will utilize an online tennis ladder system, which will maintain match schedules, results, standings and ratings. The tennis program will run from Spring through Summer and be played at the Colchester RecPlex or the Bacon Academy Tennis Courts. Actual schedule dates and times will be distributed on a weekly basis as sign ups are completed and can be flexible to meet summer schedules vacations etc.. If you are interested or have further questions please call: Don @ 537-9201. In addition to registering please email Don at dpizzoferrato@aerodynealloys.com communication will be primarily through emails.

Fee: \$25 Non-Res. Add'l \$20**Activity # 7113.512****Total Tennis Camp****Ages 5 - 17 years old**

Participants will be grouped by age and experience level. Players will start each day with a warm-up consisting of footwork drills & dynamic stretching. The lesson plans will be designed to accommodate all levels of play. Game based lesson plans will be incorporated based on player experience. Overall, the goal is to teach tennis as a lifetime sport in a fun and active environment. USTA "Quick Start" format will be incorporated into beginner program with a "Play to Learn" philosophy. This is a 4-day camp; Friday will be reserved if a rain make up is needed. You may bring your own racquet or borrow a racquet. Please wear sneakers!!

9:00 – 11:30 am**BA Tennis Courts****Fee: \$120****Non-Res Add'l \$20****Session 1: June 28 - July 1****Activity # 7113.518****Session 2: July 12 – July 15****Activity # 7113.519****Session 3: Aug 2 – Aug 5****Activity # 7113.520****What is Quick Start Tennis?**

Quick Start Tennis is a new format to help kids ten and under learn and play the game. To make it easier for them, a few things have been changed. The court sizes. The racquet sizes. The balls. The scoring system. Even the net height.

Now any child between ages five and ten can start playing tennis almost immediately-even if he or she has never picked up a racquet before.

Like other popular youth sports, Quick Start stresses the importance of play and team competition. It's also now part of the USTA Jr. Team Tennis league, which means that even more kids will have the opportunity to experience this new format, have fun playing with their friends and develop skills that will become the foundation of their game.

Youth Pick Up Basketball

Ages: 9 to 16 years old

This program is for kids entering grades 6 - 9 in the Fall. The Basketball Court at the RecPlex has been reserved for this program. Please bring your own ball. There is no fee, just time reserved. No preregistration is required.

Thursdays June 18- August 27

6:00pm - 9:00pm

RecPlex Basketball Courts



COMALI PAINTING

**INTERIOR/EXTERIOR PAINTING
POWER WASHING
PHONE (860) 859-9413
LICENSE NO. 614867
INSURED**

Special Events



**4th Annual
Tour de Trail
Saturday,
June 5**

10:00am-12:00noon

Walk, bike, jog or ride your horse along the Air Line Trail. In celebration of National Trails Day, the Parks & Recreation Departments in Colchester, East Hampton, and Hebron are teaming up to offer activity stations along the trail.

Activity stations will be scattered along the approximately 10-mile section that runs through three towns. Stations will feature: Bike Maintenance, Trail History, Nature Interpretation, Land Conservation, Letterboxing, Viaduct History, Trail Safety, and more!

As a special reward for visiting at least three of the stations, visitors will receive a souvenir "Tour de Trail" t-shirt. Pick up your "Trails Day Passport" at any station, and get it stamped at each one you visit. Then turn it in at one of the designated stations for your free shirt.

For a map of the Air Line Trail, including parking areas, visit the Parks and Recreation Office, or download it from the web site: www.colchesterct.gov/parks.html.



Compassion Veterinary Clinic



Chanchal Patil, D.V.M.

35 Lebanon Ave., Colchester, CT 06415 • 860-537-6397

Services Provided

- Preventative Medicine
- Check Ups
- Prescription Pet Foods
- Radiology/Ultrasound
- Surgery
- Lab Work done on premises
- Dentistry and Pharmacy on premises
- Permanent Identification/Micro-chipping

HOUSE CALLS

**BEST Breakfast in Town!
Come Join Us For Lunch!**

Herman's Diner

**Full line of Omelets Made
With Fresh Vegetables
Homemade Biscuits & Gravy
Variety of Eggs Benedict
Special Omelettes
every weekend**



**Hot Lunch Specials
Every Day!**

**Homemade Soups!
Call for our daily specials!**

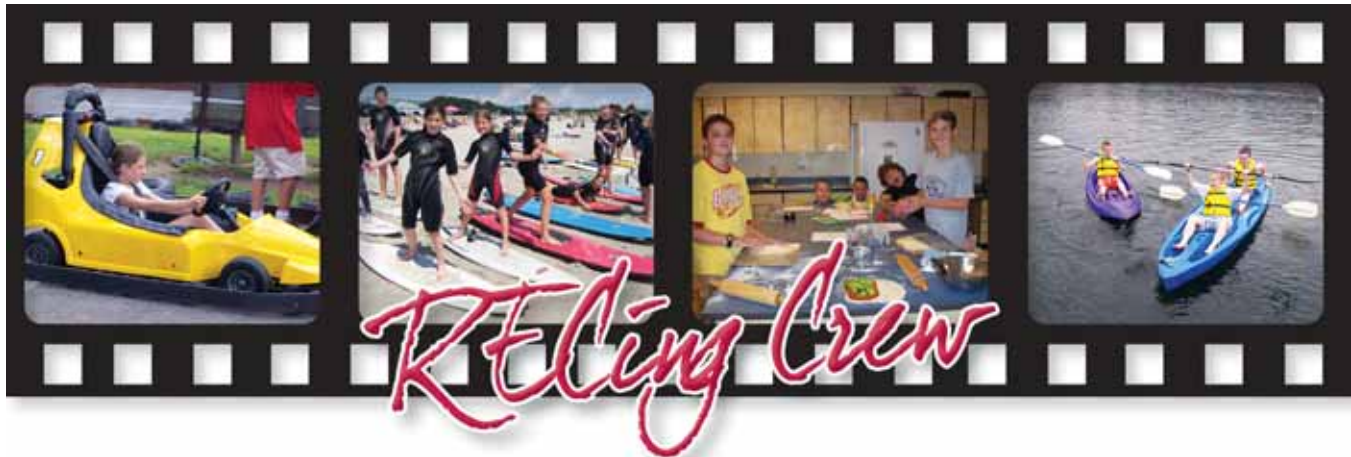
**Home-Baked Pies,
Cakes &
Cheesecakes!**

Hours: M-F 6-3, Closed Tues.

Weekend Breakfast: Sat. 6-11, Sun. 7-11

Rte. 85 Colchester

(860) 537-2591



CELEBRATING 5 YEARS OF REC'ing CREW!

Daily Teen Activities & Trips

For kids entering Grades 7 - 10

Pick up/drop off Colchester RecPlex 9am - 4pm

9 Weeks; Tues., Wed. & Thurs, June 21st - August 19th

Each week is a different session, so please register for weeks individually.

Note: signed waivers are required for each week.

EACH WEEK \$175 FOR ALL 3 DAYS;

NON-RESIDENTS WELCOME! ADD'L \$20 PER WEEK

(Extended Care is available at no charge)

Nothing to do this summer?

Not anymore!!

We have your summer jammed with fun!

This adventure program will give youth the opportunity to see and experience different daily activities while providing a positive environment! This program needs a minimum of 15 registered participants each week.

Join the CREW! Here's a sampling of the places we'll go, the things we'll do...Winding Trails, Browstone Quarry, Rock Climbing, Archery, Whirley Ball, Surfing, Six Flags, Lake Compunce, Beaches, Pools, Trampoline Place etc...

Rainy day plan will be announced on the Parks & Recreation voice mail at 537-7297.

Rainy day pick up/drop off is Jack Jackter Intermediate School Gym Ramp Entrance. Rainy day plans include Movies, Bowling, Skating or Nomad's Adventure Quest!



Family Owned & Operated Since 1969

Early Pool Installation Available - Call Now
1-800-4 MAX FUN

Over 5,000 Inground Pools Installed



FREE Site Survey

Retaining Wall



Decorative Concrete



Ornamental Fencing

Now Booking Opening and Weekly Maintenance.

Rely on trained and licensed technicians to care for your investment.

More SP1-SP2 technicians than any other Connecticut pool company.

- Inground & Above ground pools
- Openings and closings
- General repair • Restorations
- Spa service

SP1-PLM0281276-SP • CT Lic# 502261

www.sabrinapools.com

Visit Our Showroom: Rt. 44 • Coventry 860-742-7308

Movies on the Green





Where the Wild Things Are

Friday August 13 at sundown

Bring out the family for the classic children's story turned movie, "Where the Wild Things Are", as we turn the Town Green into an outdoor movie theater. The outdoor movies have been a staple of Friday nights during the summers and this will be no different. Enjoy a movie in the summer night air as you lie on your blanket or sit in your lawn chair and watch on our 9' x 12' screen. It is sure to be a great night that you won't want to miss.

Sponsored by C.A.S.T.L.E.

SUMMER 2010 REC'ing CREW CALENDAR!

<p>6/22</p>  <p>Drop off/ Pick up at JJIS Tie Dye your own t-shirts (At Colchester) Hip Hop Dance Blast Class, Dessert Madness</p>	<p>6/23</p>  <p>Sports Center of Connecticut Shelton, CT lazer tag, ice skating</p>	<p>6/24</p> <p>Brownstone Exploration & Discovery Park Portland, CT</p> 
<p>6/29</p>  <p>Mystic Aquarium & Mystic Seaport Scavenger Hunt Mystic, CT</p>	<p>6/30</p> <p>Naismith Memorial Basketball Hall of Fame Springfield, MA</p> <p>Ultimate Frisbee at Great River Park East Hartford, CT</p> 	<p>7/1</p>  <p>Winding Trails: Raft Building Competition, Low Ropes Course Farmington, CT</p>
<p>7/6</p>  <p>Mini Golf Competition Safari Golf Berlin, CT</p> <p>Rock Cats Baseball Game</p>	<p>7/7</p>  <p>Project O Oceanographic Research Cruise Groton, CT</p>	<p>7/8</p> <p>Cooking Breakfast at the RecPlex</p>  <p>Lake Compounce Bristol, CT</p>
<p>7/13</p>  <p>BBQ & group activities at East Haddam Parks & Recreation!</p>	<p>7/14</p> <p>Drop off & Pick up at JJIS Yoga class in the morning.</p> <p>Professional Cooking Class at Flanders Fish Market East Lyme, CT</p> 	<p>7/15</p>  <p>Ocean Beach Park: Various Activities New London, CT</p> 
<p>7/20</p>  <p>Creamery Brook Bison Farm: Tours, activities & make your own ice Cream Brooklyn, CT</p> <p>Trampoline Place Plainfield, CT</p>	<p>7/21</p>  <p>Drop off/pick up at JJIS Tae Kwon Do Class Spare Time Bowling Vernon, CT</p>	<p>7/22</p>  <p>Drop off/Pick up at JJIS Nomad's All Day Adventure Pass South Windsor, CT</p>
<p>7/27</p>  <p>Team Activities at Coventry Parks and Rec. Canoes, kayaks, basketball, etc.</p>	<p>7/28</p>  <p>Golf Land & Games & Opening Day at Rockville Carnival Rockville, CT</p>	<p>7/29</p>  <p>Narragansett Beach, RI Surfing Lessons!</p>
<p>8/3</p>  <p>Breggfast at the RecPlex CT Rock Gym New Haven</p> <p>Archery at the RecPlex</p>	<p>8/4</p>  <p>CT River Quest Eagle Landing State Park Haddam, CT</p> <p>Lunch at the park Letterboxing, Eagle Watch and Frodo's Happy Place</p>	<p>8/5</p> <p>Brownstone Exploration & Discovery Park Portland, CT</p> 
<p>8/10</p> <p>Breakfast Club Week: Cook Breakfast each morning before heading off to...</p> <p>Tennis at the RecPlex A New World Laser Tag and Underworld Gaming Middletown, CT</p>	<p>8/11</p>  <p>Hammonasset Beach State Park Meig's Point Nature Center</p> 	<p>8/12</p>  <p>Six Flags</p> <p>Pick Up at 5:00 p.m. at RexPlex</p>
<p>8/17</p>  <p>Main Stream Canoes and Kayaks New Hartford, CT</p>	<p>8/18</p>  <p>Pick Up/Drop Off at JJIS Iron Chef Competition! Make your own aprons Fitness with Brianna</p>	<p>8/19</p> <p>Rocky Neck State Park East Lyme, CT</p> 

Town Recreational Facilities

Maps and complete information are available on the Parks and Recreation section of the Town web site: www.colchesterct.gov/parks

Day Pond State Park

Located off Westchester Road, the park offers well-marked scenic hiking trails leading to old foundations, extinct bridges, and the Salmon River. Remains of an old mill are at the west end of the pond. A sandy beach offers swimming. Picnic areas are spread throughout the park.

Salmon River State Park

Located off Route 16, the park boasts the beautiful Comstock Covered Bridge, plenty of picnic areas along the Salmon River, hiking trails and fishing.

Chantclair Golf Course

Located on Old Hebron Road, it is a privately-operated nine-hole public golf course with an adjacent driving range.

Town of Colchester Recreation Complex

Located on Old Hebron Road, this park offers softball and baseball fields, tennis courts, basketball courts, soccer fields, horseshoes, walking trails, playscapes, picnic pavilion, skate park, spray park, wireless internet and more.

Schuster Park

Located off Mill Hill Road, it is operated by the Colchester Fire Department and offers picnic shelters.

Lions Club Skating Pond

Located on Halls Hill Road, it is open to the public and offers a concession stand and picnic areas.

Ruby and Elizabeth Cohen Woodlands

193 acres of open space located on McDonald Road. The land includes a pond, marshland, trails, picnic areas and a gazebo.

Colchester Spur

Extending south from the Air Line Trail in Hebron is a town-owned trail that terminates by the old train depot on Lebanon Avenue in Colchester.

School Grounds

At the many schools in town are playgrounds and sports fields that are open to public use during non-school hours.

Town Green

Host to many town-wide events,

on the Town web site. Insurance certificates and rental fees may be required.

SMOKING AND ALCOHOL PROHIBITED IN PARK

Please remember that smoking, alcohol and other narcotics are prohibited in the park, as well as on school premises. There are many reasons for these rules, not the least of which is that the Town and the Board of Education wish to have safe havens for our community's children, where they can learn healthy behaviors.

When they see athletes and other adult role models drinking and smoking, that sends the wrong message to our kids.

PLEASE RESPECT YOUR PROPERTY

This is *your* park. It's just like your very own back yard. Please take a moment to teach your children respect for public property. Remind them to pick up after themselves, use trash containers, and to leave trees and flowers alone for all to enjoy.

PLEASE! DOGS MUST BE LEASHED!

Town ordinance requires dogs to be leashed on public property, including town parks. Also, please clean up after your dog. People (especially children) are playing everywhere! This is unhealthy and inconsiderate. Please don't give the majority of dog owners & dog lovers a bad reputation.

Facility Reservation Process

Group use of Colchester park facilities, school ballfields and gyms, and the Town Green must be coordinated through the Parks and Recreation Office. Permit applications are available upon request and



Air Line Trail State Park

Approximately seven miles of the old Airline Rail Trail runs through Colchester and is an excellent area for hiking and biking, as well as cross country skiing and snowshoeing in the winter months. Parking is available at the Commuter Lot by Exit 16 off of Route 2, on Bull Hill Road, and at the Salmon River State Forest off of River Road.

such as carnivals and art shows, it is also home to a large gazebo and a softball field.

PLAYSCAPE SAFETY

Did you know that the older kids' playscape units are designed for bigger sized hands to grasp, bigger legs & stronger muscles? Children under 6 are not developmentally ready for these activities and could get hurt. They could also collide with a larger child. Please let common sense decide what's safe, not the kids. Adult supervision is best.

Spring Facility Work Update

For the benefit of the community, we will be providing a seasonal update of the many significant repairs and improvements, beyond routine and seasonal maintenance, that have taken place in our parks and school grounds. For more information about any of these items, please contact the Director of Parks & Recreation.

Completed projects:

- Repair ruts on R8 field
- Replace rotted board on picnic tables
- Install and remove light-up rose on Town Green
- Remove dead trees at WJJMS

Lightning Safety

According to the National Lightning Safety Institute, the following precautions should be taken when outdoors and lightning or thunder is first seen or heard:

- Avoid water.
- Avoid the high ground.
- Avoid open spaces.
- Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc.
- Unsafe places include underneath canopies, small picnic or rain shelters, or near trees.
- Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut.

If lightning is striking nearby when you are outside, you should:

- Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.
- Avoid proximity (minimum of 15 ft.) to other people.
- Suspend activity for 30 minutes after the last observed lightning or thunder.

TOP 5 SIGNS THAT FIELDS ARE UNSAFE TO PLAY

1. Fields have standing puddles of water
2. Footing is unsure or slippery
3. Ground is water logged & squishy
4. Grass is easily pulled out of ground
5. Lightning or Severe Weather Storms

When games are played under these conditions, it can often cause irreversible damage to the field. It takes months, sometimes years, for the field to recover. It is also unsafe, causing pulled muscles due to slips & strains.



Pavilion Rentals

Looking for a great place to hold a birthday party, family reunion or other gathering? How about our Pavilion at the Recreation Complex!

It's simple and inexpensive to reserve:
Colchester Residents - \$40/4 hrs; \$80/8 hrs
Non-Residents - \$80/4 hrs; \$160/8 hrs

The reservation form and policies are available on our web site at:
www.colchesterct.gov/parks

Pavilion amenities include up to 12 picnic tables, and 2 charcoal grills. Pavilion renters, like all park goers, may make use of any of the other facilities in the park, as available, including:
Spraypark, Skatepark & Playscapes

Learn more about the Recreation Complex at:
www.colchesterct.gov/parks

***Note:** Reservations are not required for pavilion use - anyone may use it if it is open. However, a reservation, along with a permit from Parks & Recreation, will guarantee its availability. If a group shows up with a reservation permit, it must be vacated. A calendar of reservations is posted weekly on the board behind the backstop of R1.*



Colchester's #1

Before and After School Program Since 1991

www.castlekid.org

**396 Halls Hill Rd.
 Colchester, CT 06415
 860.537.0214**

Hebron Travel

-Since 1994-

61-B Main St. Hebron, CT 06248

www.hebrontravel.com

hebrontravel@cs.com

All inclusive resorts

Cruises

Escorted & Independent Touring

Disney Destinations & More

Let someone else do
the cooking & cleaning!

Get Away TODAY!

860.228.8221

Toll Free 888.881.3545



**Can't miss work? Need repairs?
FREE COMPLIMENTARY LOANER CARS**

*Desmond's welcomes new customers and
thanks our existing customers.*

- X** Certified Pre-Owned Cars
- X** AAA Approved Auto & Truck Repair
- X** ASE Certified Mechanics
- X** CT Emission Testing & Repair
- X** 24-Hour Flatbed Towing & Medium Duty Towing
- X** Latest in Diagnostic Equipment
- X** 28 Years Serving the Colchester Area

373 Lebanon Ave., Colchester, CT

860-537-1140

www.desmondsauto.com



patti dunnes school

Ad
in
process



NORWICH ORTHOPEDIC GROUP, PC

*Committed To High
Quality Orthopedic Care
For Adults & Children*

- William Richeimer, M.D.
- Daniel Glenney, M.D.
- Patricia Stuart, M.D.
- Kenneth J. Paonessa, M.D.
- Michael Halperin, M.D.
- Gabriel Abella, M.D.
- Mohammad Pasha, M.D.
- Tarik Kardestuncer, M.D.
- Ammar Anbari, M.D.
- Nicole Arcand, M.D.

**WE ALSO
PROVIDE
PHYSICAL
THERAPY
SERVICES
FOR OUR
PATIENTS**

- Fractures
- Arthroscopic Surgery
- Total Joint Replacement
- Hand & Foot Injuries
- Work Related Injuries
- Spine Surgery & Rehabilitation
- Sports Injuries
- On Site X-Rays
- Trauma
- EMG Test
- Epidural Injections
- Scoliosis

TO SCHEDULE AN APPOINTMENT CALL

860-537-7313

AND REQUEST THE COLCHESTER OFFICE

www.norwichorthopedic.com

***All Physicians are Board Certified / Eligible*

35 Halls Hill Road, Colchester, CT



We have expanded!!

We have added a new 1,000 SF of cardio classroom doubling our free weight area and we are adding several new cardio pieces.

Work Smarter Not Harder!!!!

That's Our Resolution to Our Members...

We are a State-of-the-Art facility
ready to help you reach your goals for 2010.

State-of-the-Art Cardio, Strength Training, Free Weights,
Cardio Classes, Yoga, Pilates, Personal Instruction & Tanning we
have something for everyone. Stop in to our expanded facility...

Try a one week membership. See why so many use Anytime Fitness.



439 Westchester Road, Colchester, CT • (860) 267-1001 • 24 Hour Co-Ed Facility • www.anytimefitness.com



COLCHESTER SENIOR CENTER
95 NORWICH AVE.
COLCHESTER, CT 06415
Director/Municipal Agent: Patti White
Town Web Site: www.colchesterct.net
E-mail: csc@colchesterct.gov
Phone: (860) 537-3911 Fax: (860) 537-5574

The Colchester Senior Services department serves as a vital resource for the entire community for information on aging, and related issues, including support for caregivers and family members. **Information and referral services** are provided on housing, health care, energy assistance and other benefit and entitlement programs.

Recreational and health activities are provided to seniors including hearing and blood pressure screenings, exercise classes, Tai Chi, Bridge, Pinochle, Cribbage, Wii Fitness games, Bingo, arts and craft classes, singing and gardening groups, recreational travel, and an array of other enriching activities.

Services and programs are available through a wide range of group and individual activities and are designed to provide opportunities for socialization, recreation, cultural enrichment, and intellectual and physical stimulation. Located at 95 Norwich Ave, the center is open from 8:00 a.m. to 4:30 p.m. M-F

Lunch is served Monday through Friday by making a reservation 72 hours in advance (special holiday and seasonal lunches are also provided). On Tuesdays and Thursdays hot freshly prepared meals are served. More soup and salad options are now available. (Check the Busy Bee or call the office for more information on current meal options).

The Meals on Wheels program is also offered to frail homebound residents. Local transportation is offered daily, with a 24 hour advance notice. This service offers rides to and from the center, medical appointments and shopping destinations. For those individuals needing transportation to medical appointments outside of Colchester, assistance is provided with advance notice on a first come first served basis.

The Colchester Senior Center is a thriving environment where friends come to gather, participate in enriching activities, obtain vital information and share a good laugh.

REGULAR ACTIVITIES:

Card Games

Setback—Mondays at 12:45

Phase 10—Tuesdays at 12:30

Pinochle—Tuesdays at 12:45

Bridge—Wednesdays at 12:45

Cribbage—Fridays at 1:00.

(Partners not required)

Line Dancing—Thursdays at 1:30.

Pokeno—Tuesdays at 10:30.

Bingo—Fridays at 10:00

Wii Bowling—Tuesdays 11:00-12:00 and

Thursdays from 9-10:30

MEETINGS:

SENIOR CENTER GROUP MEETING - Second Friday of the month at 12:30. Join us to discuss ways to improve and support the activities of the center. All are welcome!

COMMISSION ON AGING MEETING - Second Monday of the month at 1:00 at the senior center.

SENIOR CENTER STUDY GROUP - Second Thursday of the month at 5:30 at the senior center.

AARP Chapter# 4019 – First Tuesday of the month at 1:30 at the senior center.

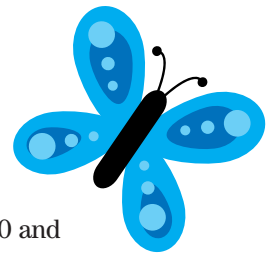
ONGOING HEALTH AND WELLNESS PROGRAMS:

Low Vision Support Group—meets at the senior center on the **third Thursday of the month at 10:30**. Come and learn new vision techniques from guest speakers and enjoy the camaraderie of others with all levels of vision impairment. Sponsored by the Colchester Lions and the Colchester Senior Center.

Hearing Clinic—on the **second Wednesday of the month from 9:30-12 by appointment**. Hearing screenings, a hearing aid maintenance service and ear wax inspection is available from Bob Sawyer, Board Certified in Hearing Instrument Sciences by the International Hearing Society and a CT licensed hearing instrument specialist and dispenser for nearly 20 years.

Blood Pressure Screening—on the **second Monday of the month from 10:30-12:00 at the senior center**.

Retired Senior Volunteer Program—“RSVP”- the group meets on Wednesdays at 10:15. Join us to work on volunteer projects for local hospitals, nursing homes and non-profit organizations.



EXERCISE CLASSES: Be Good to Yourself! Participate in our daily exercise classes led by certified instructors. Classes include mild aerobic, improving flexibility, and strength building activities. Classes are offered daily at 9:00 am. Call the office for more information on how to enroll in a class.

"MAKING MEMORIES" Program- A Recreational Therapy program for individuals (and their caregivers) facing early signs of memory loss and/or impaired cognitive functioning is being offered at the senior center. This program is supported by the Senior Resources –Agency on Aging with Title III funds made available under the Older Americans Act. Additional funding for the program is made possible by the Brookdale Foundation. For more information contact Patti White at 537-3911.

IMPORTANT INFORMATION:

Additional Help for Medicare Recipients- Did you know that many seniors and individuals with disabilities who rely on Medicare for healthcare can save nearly \$100.00 each month on their healthcare premiums by enrolling in the Medicare Savings Program? This is because the eligibility level for Medicare Savings Programs was raised to match that of the ConnPACE Program. To find out if you might be eligible contact Donna or Patti in the office.

RENTER'S REBATE PROGRAM

The program is offered to those 65 years of age and older and those people under 65 years of age who are receiving Social Security Disability benefits. The applicant must present proof of disability for the filing year (2009). The applicant must have rented in Connecticut for the "2009" year or part of that year. **Income guidelines as follows: unmarried applicants must not exceed \$32,360 and married applicants must not exceed \$39,500 for the 2009 filing year.** If an amount is granted, the recipient will receive a one time check (per each year of applying) from the Office of Policy and Management in Hartford, Connecticut.

Please bring proof of the following for 2009.

_____ All taxable income including: Social Security (SSA1099 Form only), for disabled individuals bring a document stating that you are disabled and what you receive for the whole year from Social Security. All interest, dividends, pensions, wages, lottery winnings, IRA's, Veterans Pensions and Veterans Disability payments are needed. **Income must be provided for each adult living in the home.**

_____ Rent: A print-out or cancelled checks for 12 months.

_____ Utilities: A print-out or cancelled checks, showing verification of payment for water, electric, oil and gas (propane) for 12 months.

_____ If an income tax was filed we will need to make a copy of the signed form.

You can apply for this program from May 15th until September 15th by calling the Colchester Senior Center for an appointment (537-3911). (You must apply in the town that you live in.)

People living at Colchester Commons and Westchester Village can apply for this program or the Tax Relief program through the Assessor's office, but may not apply for both programs.

BENEFITS CHECK UP: COME AND LEARN WHAT YOU MAY BE ENTITLED TO RECEIVE

A counselor from Senior Resources in Norwich will come to the center each month on the third and fourth Wednesday in the morning to assist seniors with finding programs and benefits that may help pay for some of your expenses. Learn about all the benefits you deserve and may be eligible for. The counselor will help you find and enroll in federal, state, local and private programs that help pay for prescription drugs, utility bills, meals, health care and other needs. All appointments are confidential. To set up an appointment contact Donna.

UPCOMING ACTIVITIES:

SUMMER GREEN TEAM-Calling all gardeners or those that want to learn more about gardening! Join this intergenerational group that includes seniors and youth from Colchester. Try out your green thumb and learn how to cultivate an herb, vegetable and flower garden with the help of highly skilled Master Gardeners.

TAG SALE FUNDRAISER TO BENEFIT THE SENIOR CENTER We will begin collecting donations for our tag sale starting the week of May 24th. Please wait until that week so that we have adequate storage space to store the items!! Thank-you once again for your cooperation!! The tag sale will be held on Sunday June 13th from 9-1 at the senior center.

SHOPPING TRIPS- each month the group travels to surrounding towns to shop. In June, (6/10) we will travel to Rocky Hill to the Walmart and Kohl's departments stores.

For all trips contact Donna at the Senior Center to find out more details about the July and August dates.

MOVIE AFTERNOON-Come in and see a movie and have lunch! Every third Tuesday of the month at noon we will show a contemporary movie. Contact the office for the movie of the month. Lunch cost is \$4.00 at the time of sign up.



SUMMER FUN OUTINGS:

June

- June 17 Lunch bunch at Flanders Fish Market
June 21 Brown Bag trip to Elizabeth Park in Hartford to enjoy the magnificent rose garden and other landscape designs. Transportation cost \$3.00

July

- July 12 Day trip out of Gloucester, MA on a 65-foot schooner. Relax on the Thomas E. Lannon as the wind fills its sails. Listen to stories of shipbuilding as you sail through the harbor. Free time to shop and lunch on your own in Gloucester. \$61.00
July 23 The brown bag trip this month will be to Buttonwoods Farm in Griswold to admire the amazing fields of sunflowers. Hayrides are available to the adventurous and ice cream is available for all. Transportation cost \$3.00
July 28 Lunch Bunch travels to Steak Loft in Mystic. Senior Discount Day

August

- Aug 4 Take a Thimble Island Cruise after enjoying some shopping at Clinton Crossing Outlets and lunch at the Chowder Pot III in Branford. \$61.00
Aug 25 Lunch bunch at Dock and Dine. Senior discount day.
Aug 27 Brown Bag trip to Mystic with a River Cruise on the coal-fired Steamboat Sabino. Transportation cost \$3.00

TRANSPORTATION:

In Town :

Please call before 12 noon to secure your reservations for the following day or unfortunately we may not be able to grant your request.

Out of Town:

A grant from the Department of Transportation enables us to offer out of town transportation on a first come, first served basis. Please call (537-3911) after 2:00. Giving as much notice as possible will increase the chances that we can fill your request.

TRAVEL

Payments are being taken for these trips. Call the Colchester Senior Center for additional information (537-3911).

Trip sign-up policy- Please come in to sign up for a trip and pay the transportation cost or cost of the trip to hold your reservation.

Reservations will not be made over the phone.

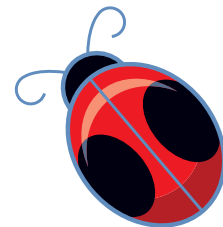
REFLECTIONS OF ITALY-November 2010- Visit Rome, the Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Lugano, Switzerland, Como. Stop in for a brochure! Travel insurance is also included in the price of \$2,999.00 twin. (Contact the senior center for availability).

GENERAL INFORMATION:

DONATION POLICY: While we greatly appreciate donations to the center, due to space limitations we ask that anyone who wants to donate something to please call the staff at the center to find out if we need the item. **Current needed items: Computers less than 5 years old, yarn for our knitters group. Please contact Patti White for more information.**

AARP TAX AIDES- are needed to help prepare income tax during tax season at the senior center. Volunteers assist low to middle income taxpayers of all ages, with special attention to those 60 and older in filing their Federal and Connecticut income taxes. To volunteer, send an e-mail to ctvoltaxaide@juno.com.

The Colchester Senior Center prints a monthly newsletter, (the Busy Bee Bulletin) that is available at the center, doctors offices in town, Stop & Shop, CVS and Cragin Library as well as the Town Clerk's Office and the Selectman's Office or you can view it on the town's web site at www.colchesterct.net





\$25⁰⁰ OFF
ANY REPAIR
OVER \$100
EXPIRES 8/12/2010

NOW A FULL SERVICE REPAIR & MAINTENANCE SHOP

Make One Stop
Brakes • Struts • Tires
• Tune-ups • Wipers • Radiators • and more!

Oil Change Special!
\$5⁰⁰ OFF
Any Oil Change

Mail-In Rebate may be avail. Must present Ad. See store for details. No other discounts apply. Exp. 8/12/10.

VALVOLINE EXPRESS CARE PERFORMANCE TIRE

240 Old Hartford Rd., Colchester,
860-537-2515

M-F 8:00-5:30 • Sat, 7:30-3:00
NOW OPEN ON SUNDAY! 9:00-3:00

We Accept: PH&H • GE Fleet • ARI • Wheels/Map
• Leaseplan • USA • Wrights Express

WITH PURCHASE COUPON MUST APPLY

The Town of Colchester Water Department, along with all other municipal water departments in Connecticut, is regulated by the State Department of Public Health (DPH) for water quality issues. Many of the States requirements come from Federal Regulations such as the Safe Drinking Water Act. The DPH dictates the Town's water quality testing and reporting requirements. One such requirement is preparation and distribution of an annual Consumer Confidence Report (or Water Quality report) to each customer served by the Water Department. Previously, the Water Department included this report in an annual newsletter to each customer of the Water Department. Because the Town Water Department services all Colchester Public Schools, convalescent homes, Youth and SeniorCenters, and most businesses and restaurants in the central Colchester area, we believe this information may be beneficial to all Colchester residents, not just those on the system at their residence or place of business. Therefore, we are taking this opportunity to get our 2009 information out to all Colchester residents by including it in this edition of the Colchester Connection. We will continue to provide other pertinent Department information through the local papers and on the Town web site www.colchesterct.gov.

2009 Annual Water-Quality Report

Dear Customer: We are pleased to present a summary of the quality of the water provided to you during the past year. The Safe Drinking Water Act (SDWA) requires that utilities issue an annual "Consumer Confidence" report to customers in addition to other notices that may be required by law.

The bottom line: Is the water safe to drink? We are proud to report that the water provided by the Colchester Sewer and Water Commission meets or exceeds all current federal and state drinking-water standards.

As a public water system, we perform monitoring for certain "contaminants". Some contaminants are monitored continuously while others are tested for on weekly, monthly, quarterly, annually, or multi-year basis depending on criteria established by the Department of Public Health. When a contaminant exists above a detectable level, it is reported in the table below. In testing for over 100 contaminants, we only detected 11 of those contaminants, and all were at levels well below the State limits. This report is a snapshot of last year's water quality. Included are details of where our water comes from, what it contains, and the risks our water testing and treatment are designed to prevent. Colchester Sewer and Water Commission is committed to providing you with a safe and reliable water supply. Informed consumers are our best allies in maintaining safe drinking water.

We encourage public interest and participation in our community's decisions affecting drinking water. Regular Commission meetings occur on the second Wednesday of each month, at Colchester Town Hall at 7:00 pm. The public is welcome. Find out more about Colchester Sewer and Water Commission on the Internet at [www.colchesterct.gov].

Overview

In 2009, the Department refined the operations of the newly renovated Taintor Hill Road Treatment Plant which includes two new filter vessels, three retrofitted vessels, a SCADA computerized monitoring and control system, and new pumping and storage capabilities. Staff continued to implement the system-wide radio meter upgrade with nearly 1,600 radio-read meters installed to date.

Water Source

Water supplied to the Town's municipal water users comes from a series of groundwater wells.

What Does The Following Table Mean?

The table below lists all of the drinking water contaminants that we detected, even in the most minute traces, during 2009. If, due to testing frequency regulations, certain contaminants were not tested for in 2009, but were present in the most recent prior test year, that date is shown. The table contains the name of each substance, the highest level allowed by regulation (MCL), the ideal goals for public health (MCLG), the amount detected, the usual sources of such contamination, footnotes explaining our findings, and a key to units of measurement. Definitions of MCL and MCLG are important and are further defined below. The Detected Level is the highest level detected in the sampling sequence. The Detected Range represents the lowest and highest levels detected during multiple sampling sequences. A narrow range represents a relatively consistent condition whereas a wide range may represent a single condition or spike in the readings. The EPA or the State requires us to monitor for certain contaminants less than once per year because the concentration of these contaminants do not change frequently.

Maximum Contaminant Level or MCL: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal or MCLG: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Key To Table

AL.....	Action Level
MCL.....	Maximum Contaminant Level
MCLG	Maximum Contaminant Level Goal
MFL.....	million fibers per liter
NTU.....	Nephelometric Turbidity Units
mrem/year.....	millirems per year
	(a measure of radiation absorbed by the body)
pci/l.....	picocuries per liter
	(a measure of radioactivity)
ppm.....	parts per million, or milligrams per liter (mg/l)
ppb.....	parts per billion, or micrograms per liter (µg/l)
ppt	parts per trillion, or nanograms per liter
ppq	parts per quadrillion, or picograms per liter
TT	Treatment Technique
n/a.....	not applicable; a MCL or MCLG has not been set

Contaminant	Date Tested	Unit	MCL	MCLG	Detected Level	Detected Range	Major Sources	Violation
<u>Inorganic Contaminants</u>								
Lead	09-16-08	ppb	AL=15	AL=15	11	0.0-11	Corrosion of household plumbing systems; erosion of natural deposits	NO
Copper	09-16-08	ppm	AL=1.3	AL=1.3	0.086	0.0091- 0.086	Corrosion of household plumbing systems; erosion of natural deposits	NO
Sulfate	08-20-09	ppm	250	n/a	23	23	Erosion of natural deposits; residual in aquifer from State DOT road salt use near wells	NO
Sodium	08-20-09	ppm	n/a	n/a	37	37		NO
<u>Microbiological Contaminants</u>								
1 Turbidity	8-4-09	NTU	5.0	n/a	0.96	0.0-0.96	Fine sediment in aquifer pumping zone	NO
<u>Radioactive Contaminants</u>								
Gross Alpha	1-31-08	pCi/L	15	0	3.6	0.3-3.6	Erosion of natural deposits	NO
Combined Radium 226/228	1-31-08	pCi/L	5	0	1.11	0.09-1.11	Erosion of natural deposits	NO
<u>Disinfectant By-Products</u>								
TTHMs (Total Trihalomethanes)	9-21-09	ppb	80	0	26.88	1.16-26.88	By-product of drinking water chlorination	NO
THAs (Total Haloacetic Acids)	9-21-09	ppb	60	0	7.27	1.7-7.27	By-product of drinking water disinfection	NO

Water-Quality Table Footnotes: 1 Turbidity of less than 5.0 NTU typically not visible to the naked eye

Unregulated Contaminants

Several years of quarterly and semi-annual testing within our distribution system showed radon readings in our water are low and should not be cause for concern. Radon levels ranged from 245 to 1227 picocuries per litre (pCi/L). The U.S. Environmental Protection Agency (EPA) continues to prepare a regulation which will specify a Maximum Contaminant Level for radon. At this time, the EPA and the American Water Works Association (AWWA) are recommending a MCL of 4,000 pCi/l with public notification of all areas of radon exposure (not just from groundwater) as well as mitigation procedures. Radon is an odorless, tasteless, radioactive gas that can move up through the ground and into a home through cracks and holes in the foundation. Radon can also get into indoor air when released from tap water from showering, washing dishes, and other activities. Radon is a known human carcinogen. Breathing air containing radon can lead to lung cancer. Drinking water containing radon may also cause increased risk of stomach cancer. If you are concerned about radon in your home, test the air in your home. Testing is inexpensive and easy. Fix your home if the level of radon in your air is 4 pCi/L or air or higher. There are simple ways to fix a radon problem that aren't too costly. For additional information, call the Colchester Health Department (860-537-7280) or the EPA's Radon Hotline (800-SOS-RADON).

Additional Health Information

To ensure that tap water is safe to drink, EPA prescribes limits on the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791). The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water include:

(A) Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

(B) Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

(C) Pesticides and herbicides, which may come from a variety of sources such as agriculture, storm water runoff, and residential uses.

(D) Organic chemical contaminants, including synthetic and volatile organics, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff and septic systems.

(E) Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities. In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Some people may be more vulnerable to contaminants in drinking water than is the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* are available from the Safe Drinking Water Hotline (800-426-4791).

The State Department of Public Health performed an assessment of our drinking water sources in conjunction with a source water assessment for all community and non-community public drinking water sources in Connecticut. The assessment report, in conjunction with the State and Town's Aquifer Protection Area regulations, help protect the Town's valuable public drinking water sources. The Town regulation can be found at http://www.colchesterct.gov/Pages/ColchesterCT_Dept/PZ/regs/ap/APAFINAL.pdf

Concerning Lead in Our Water

At the sampling frequency and quantity required for the Town of Colchester system by the Connecticut Department of Public Health, the 90th percentile was below the State action level (see Table above). The 90th percentile is the threshold value used by the State for reporting lead and copper test results. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your home's plumbing. If you are concerned about elevated lead levels in your home's water, you may wish to have your water tested. Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink water containing lead in excess of the action level over many years could develop kidney problems or high blood pressure. Additional information is available from the Safe Drinking Water Hotline (800-426-4791).

Concerning Copper in Our Water

At the sampling frequency and quantity required for the Town of Colchester system by the Connecticut Department of Public Health, the 90th percentile was below the State action level (see Table above). The 90th percentile is the threshold value used by the State for reporting lead and copper test results. Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's Disease should consult their personal doctor.

National Primary Drinking Water Regulation Compliance

Variances and Exemptions

Under a waiver granted on February 9, 1999 by the State Department of Public Health (DPH) granted our northern wells a waiver for dioxin and endotoxin testing because potential sources of these compounds do not exist within the aquifer recharge area. The same waiver was granted for the western wells on September 28, 1993.

On February 11, 2009, the DPH reduced sampling and testing requirements for the Town based on four consecutive quarterly monitoring periods with no detectable levels of regulated organic chemicals, no levels above MCLs for radionuclides, and no detections of any regulated pesticides, herbicides, or PCBs. New sampling and testing periods are annually, every three years, and two routine samples every three years, respectively.

This report was prepared in accordance with the requirements of the CT. Department of Public Health and the Safe Drinking Water Act.

We'll be happy to answer any questions about Colchester Sewer and Water Commission and our water quality. Call us at 537-7288 Monday through Friday 8:00 a.m. to 4:30 p.m., except holidays.

Source Water Protection

Source water is untreated water from streams, rivers, lakes, or underground aquifers that is used to supply public drinking water. Preventing drinking water contamination at the source makes good public health sense, good economic sense, and good environmental sense. You can be aware of the challenges of keeping drinking water safe and take an active role in protecting drinking water. There are lots of ways that you can get involved in drinking water protection activities to prevent the contamination of the ground water source. Dispose properly of household chemicals, help clean up the watershed that is the source of your community's water, attend public meetings to ensure that the community's need for safe drinking water is considered in making decisions about land use. Contact us at 537-7288 for more information on source water protection, or contact the Environmental Protection Agency (EPA) at 1-800-426-4791. You may also find information on EPA's website at <http://www.epa.gov/safewater/protect.html>.

Water Conservation

Water is a limited resource so it is vital that we all work together to maintain it and use it wisely. Here are a few tips you can follow to help conserve:

- Check for leaky toilets (put a drop of food coloring in the tank, let it sit, if the water in the bowl turns color, you have a leak). A leaking faucet or toilet can dribble away thousands of gallons of water a year.
- Consider replacing your 5-gallon per flush toilet with an efficient 1.6 gallon per flush unit. This will permanently cut your water consumption by as much as 25%
- Run only full loads in dishwashers and washing machines. Rinse all hand-washed dishes at once.
- Turn off the faucet while brushing teeth or shaving.
- Store a jug of ice water in the refrigerator for a cold drink.
- Water lawn and plants in the early morning or evening hours to avoid excess evaporation. Don't water on windy, rainy, or very hot days.

- Water shrubs and gardens using a slow trickle around the roots. A slow soaking encourages deep root growth, reduces leaf burn or mildew and prevents water loss. Select low-water demanding plants that provide an attractive landscape without high water use.
- Apply mulch around flowers, shrubs, vegetables and trees to reduce evaporation, promote plant growth and control weeds. Shrubs and ground covers require less maintenance, less water and provide year-round greenery.
- Be sure that your hose has a shut-off nozzle. Hoses without a nozzle can spout 10 gallons more per minute.
- When washing your car, wet it quickly, turn off the spray, wash it with soapy water from the bucket, rinse quickly.
- Be sure sprinklers water only your lawn, not the pavement.
- Never use the hose to clean debris off your driveway or sidewalk. Use a broom.
- Rinse other items, such as bicycles, on the lawn to give your grass an extra drink.



The way to a **beautiful lawn.**

www.ganos.com



**3.9%
FOR
60
MONTHS**

Powerful 19.5- to 23-hp**
Briggs & Stratton or Kohler engines available
38", 44" or 46" Free Floating™ mower decks
Tight 14" turning radius reduces trimming

*Offer valid subject to credit approval on purchases \$2,000 or more between 5/1 - 6/30/10 placed on your Yard Card or Yard Card Plus credit card account. Finance charges will be assessed from date of purchase at 3.90% for 60 months (corresponding daily periodic rate of 0.01069%). A promotional fee of \$100 will be charged on customer's first billing statement and added to your balance. See dealer for details.

REGENT LAWN TRACTOR



120 Linwood Avenue • Colchester, CT

537-3431 www.ganos.com

Hours: Monday-Friday 8am-6pm;
Saturday 8am-5pm

RELIABLE OIL, L.L.C.

One Call Does It All.....

HVAC/R & 24
HR Burner
Service
Installations
Budget
Accounts
Senior & Vol.
Discounts
Contracts

860-537-1004

522 Norwich Avenue
Colchester, CT

Automatic
Delivery
Pre-buy Oil
Service
Contracts
Fuel
Assistance
Licensed &
Insured

**24-Hour Towing
884-1744**



522 Norwich Avenue
Colchester, CT

Brakes
Tune-ups
Exhaust System
Oil Change
Towing
RV Service

Troy Marvin, ASE
Service Manager

860-537-5272

"We're Just A Phone Call Away"

backushospital.org/healthcenters

*B*usy people need
nearby healthcare.



Colchester Backus Health Center

163 Broadway, Colchester

From injuries to physicals,
we offer walk-in and
primary care close to home,
with shorter waits.

Walk-in hours:

Mon - Fri, 8 a.m. - 6 p.m.

Sat - Sun, 9 a.m. - 5 p.m.

860-537-4601

Lab hours:

Mon - Fri, 8 a.m. - 4:30 p.m.

Sat, 9 a.m. - noon

860-823-6308

For digital mammography, ultrasound,
bone density scans, MRI
or other imaging procedures,
call 889-8331, ext. 6304

Choose wisely. Choose *Backus*

**Youth and Social Services Merger**

By now you may have heard that the Colchester Youth Service Bureau and Social Services are combining departments in an effort to best meet the needs of residents. During these difficult financial times, there has been an increased demand for social services including food, heat, and electricity. At the same time, budgets for social assistance are coming under increasing pressure on all levels. In an effort to effectively deal with these pressures without additional staff, we are merging our departments. This will provide greater access to the food bank and other resources using our current level of staffing and resources. We will do so through cross training, reassigning some duties while letting go of others and revising some of the policies and procedures currently in place. Ultimately, our entire department is committed to assisting residents' basic needs and we will do all we can to realize that goal. Collectively, we recognize that if we fail to invest now in social services, at a time when the most vulnerable are at risk, then we risk rolling back the progress made so far to reduce the impacts of poverty and improve the quality of life for our residents.

From the Director

The goal of the Youth Service Bureau is to provide a variety of services that will offer youth the opportunity to develop in a positive way so that they may reach their full potential as healthy members of society. Our programs aim to give young people the chance to build skills, exercise leadership, form relationships with caring adults, and help their communities. We believe that positive growth & development are fostered when adolescents develop a sense of competency, a feeling of connectedness to others, a belief in their control over their fate in life and a stable identity. This framework places value on young people regardless of their situations and emphasizes their strengths and potential.

Some of the programs we offer include: youth center drop-in, support groups, community service programs, leadership training, social skill development, parenting classes, substance abuse education, and youth employment programs. Throughout the year we also offer a variety of recreational and cultural programs that provide young people with opportunities to try out new experiences, find a hobby, express themselves artistically, or just have fun! These programs are usually offered during school vacations, which brings me to the exciting adventures we have planned for this summer.

We offer programs Tuesday-Friday throughout the summer. The majority of programs are designed for youths entering grades 7-12, although we always have a few each year for those entering grades 4-6 as well. We go everywhere from the Brownstone Quarry to Six Flags. Other annual favorites include Lake Compounce, Tubing, Newport, Fishing, Kayaking and Misquamicut Beach. We've also added a few new trips this year including a scavenger hunt in Boston! You'll find that our programs are very reasonably priced. In fact, if you signed up for every trip we offered throughout the entire summer, which is more than 30, it would cost about \$350. The best part is many of them include lunch or dinner or at least Ice Cream. Not bad for more than 30 days of fun filled adventure! Hope to see you this summer.

Sincerely,

Valerie

Valerie Geato
Director

How to Contact Youth & Social Services:

The Youth & Social Services offices are located in the Town Hall, Suite 205.

Questions and comments should be directed to youthservices@colchesterct.gov or call us at (860) 537-7255 or (860) 537-7235. Fax (860) 537-0547

YOUTH & SOCIAL SERVICES STAFF

Valerie Geato, Director
vgeato@colchesterct.gov

Lyn Marra, Program Coordinator
lmarra@colchesterct.gov

Michael Schaff, Program Coordinator
mschaff@colchesterct.gov

Kathleen Spangler, Administrative Assistant
kspangler@colchesterct.gov

Janet Taylor, Social Services Coordinator
jtaylor@colchesterct.gov

Youth Center Supervisors

Elizabeth Allard
Andreas Bisbikos
Dale Dion
Jesse Dion
Matt Merkent
Ginnie Streppa
Tori Tischofer

**OFFICE HOURS**

The office is open Monday-Friday, 8:30 a.m.-4:30 p.m. and Thursday evenings by appointment.

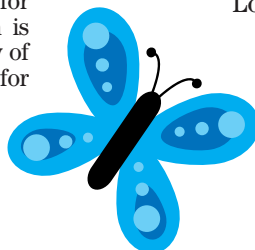
YOUTH CENTER

The Youth Center is located at 40 Norwich Ave., a.k.a. the "Old Town Hall". If you are trying to reach a youth during a program you should call the center at (860) 537-5479.

Otherwise all calls should be directed to the office at Town Hall.

Youth Services Advisory Board

Tom St. Louis, Chairman
Lorraine Marvin, Vice- Chair
Terri Ahlberg
Chris Bennett
Sarah Dell
Aaliyah Gonzalez
Heather Pelletier
Pamela Scheibelein
Rob Suchecki
Ellen Weinick
Greg Cordova, Liaison



How To Register



Youth & Social
Services

Colchester **CONNECTION**

REGISTRATION INFORMATION & GUIDELINES

Our new registration form is here! In an effort to streamline the registration process, we have created a new registration form that will make signing up for programs and trips even easier. The new registration form will be used for all of our programs including trips, open youth center, and after-school groups. If you want to sign up for more than one program, you can simply list all the programs on one form. If there is an additional waiver required from the facility it will be noted in the program description. All forms are available at our office and on-line at www.colchesterct.gov

Transportation is available for kids who have no way to get to and from the Town Hall for trips. Limited spaces are available and are only for those kids who have no other means of transportation. Rides will be provided at our discretion and must be requested at time of registration.

Scholarships are available and are based on financial need. Applications are available in our office. Additionally, it is very important to us that every kid has an affordable and nutritious lunch so we provide a **free lunch** program during the summer for all students who qualify for scholarships. Additional information will be provided upon application.

TRIP EXPECTATIONS & PROCEDURES

The early bird catches the worm: All programs have a limited number of spaces available and are filled on a first come, first served basis. Once the trip is filled, all others will put on a wait list.

Pickup & Drop-off Location: All trips leave and return to Town Hall, meet in the lobby

"I Get By With A Little Help From My Friends": On some trips, students in grades 7 and up will be using the buddy system and should try to sign up with a friend. They will check in with us at scheduled times and locations. See the program descriptions for details.

"You're How Old?": During the summer, all students are considered to be in the grade they will be entering when school begins.

When A Phone Call Just Won't Do: When it comes to trips, you will be registered when a signed registration form and payment are received in our office. Just calling doesn't reserve a spot.

"Oh no, I Can't Swim!": Please be sure that you know what your child's capabilities and limitations are and pass that information on to us. Be sure that they meet the criteria listed in the program descriptions. River tubing can be a frightening experience for a kid who can't swim!

"Oh Behave!": Our expectations of all program participants is that every youth is willing and able to abide by all guidelines and established rules for each trip. If kids are unable to do so, our trips may not be the best option for them this summer.

Refund and Cancellation Policy: In most cases, refunds will only be given for fees if cancellation is received in our office at least 48 hours prior to the trip. In the case of extenuating circumstances, refunds may be given at our discretion.

Weather Policy: We make every effort to cancel trips the day before predicted storms to limit the inconvenience to parents. Unfortunately, the weather forecast isn't always accurate which can result in a bad call on occasion.

HOW TO REGISTER

Walk-In: Stop by our office in Town Hall. We are open Monday through Friday, 8:30 a.m. to 4:30 p.m.

Mail-In: Mail completed registration forms and payment to CYSB (payable to the Town of Colchester)

Drop Box: Drop it in the drop box slot to the left of the front doors of the Town Hall in an envelope clearly marked for Youth Services



Looking for some help raking, mowing or doing yard work this summer? If so, Hire-A-Youth! Call Youth Services for details! (860) 537-7255

PRESERVE YOUR MEMORIES

We convert your video tapes, slides, pictures & home movies to long-lasting DVDs.

- Digital Cameras
- Aerial Photography
- Instant Passport Photos
- Digital Classes and Seminars
- Prints, photo gifts, and greeting cards, online or in store

PHOTO Connection
of Colchester

Hours: TWF 9:30-6pm
Th 9:30-6:30, Sat 9:30-5
860-537-2829

PhotoConnectionOC.com



199 Old Hartford Rd. • Aspen Plaza • Colchester

**COLCHESTER YOUTH SERVICE BUREAU
REGISTRATION FORM**

Participant's Name: _____

Birth Date: _____ Grade entering in fall 2010: _____

Address: _____

Parent(s)/Guardian(s) Name(s): _____

Phone (H): _____ Phone (W): _____

Phone (C): _____ E-mail: _____

Emergency Contact (*other than parent*):

Name: _____ Phone: _____

Please list ALL allergies, medical problems, behavioral or developmental issues:

Please list any current medications:

In consideration for the opportunity to be transported and to participate in activities, I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees and volunteers from the liabilities which may occur from participating. If I can not be reached at the phone numbers provided, I give permission for my child to be treated by qualified medical personnel. In addition, I permit the taking of video or photographs of my child during activities for publication and use by the Town of Colchester for promotional purposes unless otherwise stated.

Parent/Guardian Signature_____
Date*****PLEASE COMPLETE THE BACK OF THIS FORM*****

Registration Form



Youth & Social
Services

Colchester **CONNECTION**

TO BE COMPLETED BY PARENT/GUARDIAN			OFFICE USE
Program Name	Program Date	Cost	Waitlist
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>

Please return this form to:
Colchester Youth Services • 127 Norwich Avenue • Colchester, CT 06415
Make checks payable to: "Town of Colchester"
For more information call: (860) 537-7255 or visit our website:
www.colchesterct.gov/youthservices

\$	Subtotal
\$	Discount
\$	Total Due

For Office Use Only	Amt Rec'd: \$ _____	<input type="checkbox"/> Check <input type="checkbox"/> Cash	Date	Rec'd By	ISR	<input type="checkbox"/> Yes <input type="checkbox"/> No	Scshp. Rec'd	<input type="checkbox"/> No <input type="checkbox"/> Yes, _____ %
					Comp.			



While many of our after-school programs are geared towards the general public, some programs are designed to assist youth who need extra support, additional skill development, and opportunities for success. The youth who participate in these groups are usually referred to the programs by school counselors, teachers and parents. These groups last from 8 weeks to 5 months and generally have 6-25 members. Youths who participate in these groups may be displaying known risk factors such as anti-social behavior, low academic achievement, or a lack of coping skills.

In addition to our structured after-school groups, we also offer a program called "Open Youth Center" which provides a safe, drug and alcohol free drop-in center. This provides a great space where kids feel safe and comfortable and have the opportunity to "just be kids" for a while. We hope that they feel connected to one or more of our staff members and look to us as role models and sounding boards, should they need that.

The youth who participate in our programs receive the direct benefits from our services, but the indirect benefits of after-school programs are experienced throughout the community. After-school hours are a critical time for youth. On one hand, that time can represent an opportunity to learn and grow through quality after-school programs. On the other hand, it is also the peak time for juvenile crime and risky behaviors such as alcohol and drug use. Most experts agree that after-school programs offer a healthy and positive alternative. These programs keep kids safe, increase social skills, improve academic achievement and provide needed adult guidance and supervision while reducing the impact on local businesses, the police and other establishments.

After-School CREW

Dates: Tuesdays & Thursdays

Time: 2:00pm – 4:00pm

Grades: 6, members only

Fee: None

"That was the best experience of my life!" After rave reviews such as this quote, it is no wonder why this group has been so popular. The After-School C.R.E.W. is designed to aid in the development of social skills and positive character traits through team challenges and group discussions. This year's CREW was another huge success as it was a collaborative effort between Youth Services and Alternative Education staff. This exciting group consists of 9 sixth grade boys who meet twice a week at the Youth Center. The students have an opportunity to bond with friends, go on exciting trips, and explore new experiences in a safe and caring environment. The 2010 Crew will be finishing another year of challenges and friendships in June, and cap off the year with an exciting camping outing.



C-4

Dates: June 3 and June 18

Time: 2:30pm - 4:00pm and 9:30am – 3:45pm

Grades: 6-12

Fee: None

C-4 is a grant funded program designed to enhance relationships between youth and police. The group is open to youth in grades 6-12 and gives them an opportunity to work together and work with the police having fun and helping the community. The group has two activities each month, one is a community service activity and the other is a social/recreational activity. In order to participate in the social activity, youth must attend at least one of the community service projects that are offered.

We have an activity-packed schedule for the remainder of the school year. June and the end of C-4 will fly by as members volunteer at a clean up day at the Youth Center and focus on increasing leadership skills when they spend the day at EMPOWER Leadership Sports & Adventure Center. Group members will work together on team-building skills and outdoor-based adventure activities. They will have a chance to challenge themselves on zip lines, complete a scavenger hunt and try their skill at walking on sky bridges and rappelling. New members are always welcome. Give us a call for more information or to register. Join C-4 It's a blast!

Girls Circle

Dates: June 3 & June 10

Times: 2:00pm – 4:00pm

Grade 7, members only

Fee: None

Girls Circle is a support group for teenage girls. The group's emphasis is to provide a safe, supportive environment where girls can improve their life skills, increase their self expression, connect with peers, and have an opportunity to be creative. The group meets once a week at the Youth Center when the girls talk about current concerns and issues important to middle school students. The girls work on related craft activities while sharing their week's experiences. Girls Circle will have two meetings in June, a wrap up meeting and an end of the year trip to play Laser Tag.



Club R.A.P. (Reaching Academic Potential)

Dates: Monday, Tuesday & Thursdays through May 27

Time: 2:15 pm – 3:30 pm

Grades 6-8, members only

Fee: none

The goal of Club RAP is to give kids an opportunity to Reach their Academic Potential. Club RAP is a collaborative effort between Youth Services and WJJMS designed to support kids who are at risk of academic failure. The program has been successful for the past two years and we are fortunate to have received a Drug-Free Community grant from our Regional Action Council to fund the program again. This program was chosen because academic failure is one of the most significant risk factors associated with adolescent substance abuse. This program would not be possible without the committed team of teachers involved: Krista Morrow, Kathy Jesmonth, Abigail Piacenza and Kristen Magoun or without the support and guidance of Principal Chris Bennett.

Open Youth Center

Time: 2:00pm – 4:00pm

Grades 7 & 8: Mondays during the school year

Grades 6: Wednesdays during the school year

Fee: None

In addition to full time Youth Services' staff, six part time staff members also help to supervise Open Youth Center. An after school snack is provided and we offer lots of activities, including homework help, guitar hero, playing pool, basketball, crafts, DDR, and air hockey. Weather permitting, outdoor activities are supervised on the Town Green. Tutoring is offered each week for anyone who would like a little extra help with their homework. You do not need to pre-register to attend the Youth Center. Students fill out registration forms when they first attend which will then be sent home for parent/guardian signature. Questions or concerns about Open Youth Center? Give us a call.

The Spot

Time: 7:00pm – 9:00pm, Fridays during the school year

Grades 9-12

Fee: None

Hey High School Students! Every Friday night the youth center is the SPOT to be! There is always plenty of food, fun and games. It's free too. Come and hang out and play Guitar Hero, Dance Dance Revolution, pool, cards, air hockey and much more. So, if you're in high school and need something to do on a Friday night, stop by. You don't have to sign-up in advance. Questions? Ideas? Call us or e-mail us. You don't have to sign-up in advance.

Community Service Programs

Studies show that by participating in community service programs, youth learn leadership skills and increase their self-esteem, social awareness and interpersonal development. Youth who volunteer for just one hour or more a week are 50% less likely to abuse alcohol, cigarettes, become pregnant or engage in other destructive behaviors. Community service activities expose youths to various careers and often lead to volunteering throughout their adult lives. We are proud to offer a variety of programs that provide an opportunity for children of all ages to help others in their local and global communities. There is a volunteer opportunity for elementary school age children all the way through 12th grade. Whether you are just looking for a chance to do a good deed or need to complete community service hours, we have just the program for you.

When young people learn to serve others they become empowered, they grow up knowing that they can make a difference in the world.

Youth Action Council

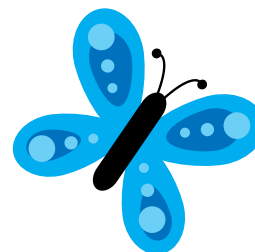
Date: Tuesdays throughout the school year

Time: 2:30pm – 3:30pm

Grades: 9-12, members only

Fee: none

Youth Action Council (Y.A.C.) is a community service group for high school students. The group's mission is to provide students an opportunity to develop leadership qualities while participating in volunteer activities. Y.A.C. meets Tuesdays after school at the Youth Center. Transportation is provided to the Youth Center. This year the group has completed 14 goals: making bag lunches for Covenant Soup Kitchen, painting jack-o-lanterns for residents of Harrington Court Genesis Eldercare, providing a Safe Driving campaign for students at Bacon Academy, raising funds and making a dinner for residents of OMEGA House, volunteering in the Colchester Food Bank, making blankets for Project Linus, participating in the Valentine for Vets program, making a Blanket of Hope for wounded Veterans, making Easter baskets for children at the TVCCA Family Shelter, collecting tab tops for Ronald McDonald charities, participating in the Soap for Hope collection for Haitian residents, visiting with residents of Harrington Court Genesis Eldercare and volunteering at Tara Farm Rescue. High school students wishing to join the group in the fall can call in August for information.



**Youth Force Group****Date:** Every other Wednesday throughout the school year**Time:** 5:30pm-7:00pm**Grades** 6-8, members only**Fee:** None

Youth Force Group is a team of students in grades 6-8 who meet at the Youth Center. The mission of the group is to increase youth awareness and compassion for less fortunate individuals. This is accomplished through educational presentations, hands-on service projects, and community awareness initiatives. Members work in teams to accomplish community service tasks and have fun working together towards a common goal. In the closing weeks of the 2009-2010 group, the members will complete their Soap For Hope campaign to benefit earthquake victims in Haiti. Students entering grades 6-8 for the 2010-2011 school year may start applying in August by visiting our office or our website.

Teens In Action**Grades** 6-12

TIA provides an opportunity for youth to work on community service projects and experience great rewards while volunteering. You can sign up for one or all of the Teens In Action trips. Bring a bag lunch and wear sneakers or work boots.

Covenant Soup Kitchen**Date:** July 1**Time:** 9:00am – 2:30pm

The Soup Kitchen is a non-profit organization that has been serving residents for 28 years. Thousands of nutritious meals are served each month in the basement of St. Paul's Church in Willimantic. Disadvantaged residents are also offered related social and medical services. The Soup Kitchen relies on monetary and food donations and volunteer hours. TIA will help prep, set up and serve a noon-time meal.

Ray of Light Farm**Date:** July 15**Time:** 9:30am – 1:30pm

Ray of Light Farm is a non-profit animal rescue and adoption facility in Moodus that cares for horses, peacocks, guinea pigs and an assortment of other farm animals. TIA will be helping to clean stalls, fill water buckets and of course, give the animals some extra TLC.

TVCCA Family Shelter**Date:** July 29**Time:** 12:30pm - 3:30pm,

TVCCA is a non-profit community action agency that provides temporary housing with related social services for homeless families until they are able to secure permanent housing. While living at the shelter, parents and children share a room, prepare meals in a community kitchen and have limited opportunities for recreation and fun. There is an enclosed playground and TIA will play outdoor games with the children, do indoor crafts and games and share summer frozen treats with them.

Ponemah Village**Date:** August 12**Time:** 9:45am-1:30pm

Ponemah Village is a Colchester Housing Complex for the elderly and disabled. Many residents have flower gardens but have difficulty weeding and caring for the flowers. TIA will help to trim, weed and do maintenance in the summer gardens under the guidance of appreciative residents.

Kids Care Club**Date:** July 22**Time** 1:00 -3:00pm at the Senior Center**Grades:** 2-6**Fee:** None

Kids Care Club is a group whose mission is to offer young children an opportunity to work together to help others in and around our community. We will meet once during the summer at the Senior Center to give children a chance to visit with the seniors, bake cookies together and then have fun eating the cookies and playing BINGO. The program is free but registration is a must.





Are you looking for something fun and exciting to do over summer vacation? We have over 30 trips and activities planned so you won't have any reason to say you're bored this summer. Check out the grade level because different trips are available to different grades. Remember, the grade you will be in when you start school in September is the grade you're considered in for our trips.

Wednesday Night Crawlers

Are you bored and need something to do on Wednesday nights? Come with us as we take a trip to a different fun spot each week. You can sign up for one or all of the trips.

5 Guys and a New World

Date: June 23

Time: 6:00pm – 10:30pm

Grades: 7-12

Fee: \$18.00 (Dinner Included)

It's baaaack! One of our most popular trips, laser tag, will lead off the Wednesday Night Crawler lineup... and it is better than ever! We will kick off the Night Crawler schedule with a trip to a New World Laser Tag for 3 heart pounding games of laser tag at it's best. State of the art vests, laser bombs, strobe lights and fog machines are all waiting for you and your friends. Before we arrive, however, we will get dinner at one of the best burger joints in the whole country. We will get everyone dinner at the new 5 Guys restaurant in Middletown. Signup ASAP, because spots are sure to go quickly for this popular trip.

Future Yanks vs. Sox

Date: June 30

Time: 4:45pm – 11:30pm

Grades: 7-12

Fee: \$11.00 (Bring money for food inside the stadium)

If you can't get enough of the biggest rivalry in sports, then we have the perfect trip for you! Come with us to Rhode Island where we will see the AAA Pawtucket Red Sox take on the AAA Scranton-Wilkes-Barre Yankees. You will get to see the big stars of tomorrow for the major league teams. Past players have included: Dustin Pedroia, Joba Chamberlain, Kevin Youkilis, and Brett Gardner! Make sure to bring money for dinner inside of the stadium.

Drivers and Putters

Date: July 7

Time: 5:30pm – 10:15pm

Grades: 7-12

Fee: \$20.00 (Eat dinner before arriving)

Calling all drivers and putters for this new and exciting Wednesday Night Crawler trip. We will first make a stop at the Checkered Flag Raceway for a night of go-cart racing at its finest! Hairpin turns, heart-pounding action and photo-finish races with your friends will make for an unforgettable night. After stopping for a refreshing ice cream, we will make our way to Safari Golf. What is summer without a night out playing mini-golf with your friends?

Jumps & Scoops

Date: July 14

Time: 5:00pm – 9:30pm

Grades: 7-12

Fee: \$14.00 (Eat dinner before arriving)

Are you so excited about vacation that you are bouncing off the walls? If so, we have the perfect trip for you! The Trampoline Place in Wauregan is famous for one thing: TRAMPOLINES! Wall to wall trampolines, special flipping equipment, and experienced teachers are sure to make this trip even better than your old backyard trampoline. After two hours of jumping, flipping and bouncing, we will bring everyone out for ice cream. Make sure to eat an early dinner before arriving!

Mexican Jumping Beans

Date: July 28

Time: 5:45pm – 10:15pm

Grades: 7-12

Fee: \$19.00 (Dinner included)

This trip is sure to get you jumping out of your seat! We will start the night with a delicious Mexican dinner at On The Border Restaurant. We will then head down the street for an intense session of cosmic fun at BounceU. BounceU is a giant stadium filled with fantastic inflatables. But wait, if you come with us during this Wednesday Night Crawler trip, you will be bouncing under their Cosmic strobe lights, black lights and heart pounding music. Bring money for their arcade if you want.

This trip requires an additional waiver to be completed

Dinner and A Movie

Date: August 4

Time: 6:15pm – 11:30pm

Grades: 7-12

Fee: \$10.00 (Dinner included)

What says summer like a night at the Drive-In movie theatre in Mansfield? Sign up for a night of the latest PG-13 movie with your friends. We will grab a quick pizza dinner at Papa Gino's before parking under the giant outdoor movie screen. We will provide you with the pizza dinner and a mozaic of movie munchies. All you will need to bring is a camping chair.



Whirlyball

Date: August 11

Time: 5:45pm – 10:15pm

Grades: 7-12

Fee: \$22.00 (Eat dinner before arriving)

Sure basketball, lacrosse and bumper cars are all fun, but what if you mixed them together into one fun and crazy game? Well, they already have a name for it; it's called Whirlyball! Whether you have never heard of whirlyball, or you are a seasoned whirlyball veteran, it will surely make for a night of hilarious crashes, suspenseful goals, and a thrilling time out with your friends! We will cap-off this exciting night with a trip to Dairy Queen where we will treat for ice cream. Make sure to eat dinner before coming, and bring arcade money if you want.



Beach Bums

Dates: Fridays, June 25 – August 20

Time: 9:00am – 3:30pm

Grades: 7-12

Fee: \$3.00 per trip (Bring money or a bag lunch)

If you love the beach, these trips are for you. On occasion we go to Rocky Neck State Park but most days we head to Misquamicut Beach in Rhode Island for a day of sun, fun and surf. You must be able to swim if you plan on going in the water. All you need is a towel, sunblock and a bag lunch, unless you want to buy lunch at one of the concession stands. You can also bring boogie boards to Misquamicut. You can register for one or all of the trips, but if you need to cancel, we need a call in advance so that the spot can be offered to someone on the wait list.



Six Flags

Date: Tuesday, June 29

Time: 9:00am – 6:30pm

Grades: 7-12

Fee: \$25.00 or \$5.00 for season ticket holders

(Bring money or a bag lunch)

Join us for an awesome trip to SIX FLAGS where you can experience some of the fastest, tallest, wildest, gut-wrenchingest rides in the country. Bring your bathing suit and a towel so you can enjoy one of the largest wave pools and some of the best raft rides anywhere! While at Six Flags we will be using the buddy system. This means that you will not be broken up into chaperoned groups, you will be paired into groups with your friends and check-in with staff at three set times during the day.

a stop at Easton's beach for swimming, hanging out, walking Newport's famous Cliff Walk and having lunch. Then we'll drive down town and go for a boat ride on the Rum Runner II, a narrated speedboat cruise around Newport Harbor. On the tour, there'll be places to see where smugglers used to hide their goods and some famous Newport mansions. After the boat ride, you'll have time to sightsee and shop with your friends. When you are shopping, we will be using the buddy system, which means you will not be in chaperoned groups, but will check in with us at a designated time. We will stop to eat on the way home and the cost is included in the registration fee. The cost of the trip covers everything except spending money for souvenirs and lunch. If you want, you can bring a bag lunch instead of buying lunch at the beach.

CT Golfland

Date: Tuesday, July 6

Time: 9:00am – 2:00pm

Grades: 4-9

Fee: \$17.00 (Bring money or a bag lunch)

When you just want to have fun, there's something for everyone at CT Golf & Games including mini-golf, bumper boats, go-karts and arcade games! To satisfy your hunger, a Subway Sandwich Shop is on site or you can bring a bag lunch. If you'd like, you can bring money for snacks, extra video game tokens, and the batting cages. Fee includes: unlimited go-karts (for riders who are at least age 10 and 48" tall) and mini-golf, 2 game room tokens and one bumper boat ride.

Surfs Up

Date: Thursday, July 8

Time: 8:45am – 4:00pm

Grades: 7-12

Fee: \$30.00 (Bring a bag lunch)

Do you love adventure and want to try something new and challenging? Come with us as we travel to Naragansett Beach for a gnarly day of surfing lessons. Whether you are a seasoned pro or you don't even know what hang 10 actually means, this is a perfect way to spend a hot summer day. Experienced surfing instructors will provide you with the wetsuit, surfboard and the lessons to help you ride a wave by the end of the day. Make sure to bring a bathing suit, towel and bag lunch for this new and unique trip.

Cruising to Newport

Date: Tuesday, July 13

Time: 9:00am – 7:30pm

Grades: 7-12

Fee: \$25.00 (Bring a bag lunch or bring money for lunch)

If you haven't been to Newport, RI, here's your chance to take in all the sights. We'll begin the day with



Qurazy Quarry

Date: Tuesday, July 20

Time: 9:15am – 4:30pm

Grades: 6-12

Fee: \$25.00 (Bring a bag lunch)

If all of your friends were jumping off a cliff, would you? If you go on this trip, your answer could finally be YES! Of course cliff jumping is only one of many thrilling things you could do on our trip to the Brownstone Quarry. Our full day of adventure includes: a 750ft zip line, a giant waterslide, wakeboarding and a huge water trampoline where you can launch your friends into the water! Life vests will be provided for all activities. Make sure to bring a bag lunch.

This trip requires an additional waiver to be completed



Yankees Game

Date: Wednesday, July 21

Time: 8:30am – 8:30pm

Grades: 7-12

Fee: \$28.00

(Bring money for lunch inside the stadium)

Start spreading the news, we'll be spending the day at Yankee Stadium where the Yankees will be taking on the Los Angeles Angels. Bring money for lunch inside the stadium and we will have a cookout after the game in the parking lot with hotdogs and burgers. We will be sitting in the bleachers so please plan on it being really hot that day and be prepared for lots of sun! Our return time is dependent on the game length, so the kids will call when we are within a half hour of Colchester.

Fishing Frenzy

Date: Thursday, July 22

Time: 8:45am – 3:30pm

Grades: 7-12

Fee: None (Bring a bag lunch)

Calling all fishermen and fisherwomen! Are you one of those people who think life is just more relaxing and simple with a fishing pole in your hands? Well this trip is for you. We will travel to Chatfield Hollow State Park to learn about different fish, practice casting and hook tying techniques, and actually catch fish at a lake closed to the public! We will learn all the basics from master fishermen, and they will provide all the equipment necessary for our day of fishing. Last year we caught over 25 fish with some over 12"! Sign up quickly because very few spots are available. Don't forget to bring a bag lunch.

The Amazing Race: Boston!

Date: Tuesday, July 27

Time: 8:00am – 7:00pm

Grades: 7-12

Fee: \$20.00

What is the best thing to do in Boston that you have never heard of? For that answer, you will have to come with us as we travel to Boston and play the Cashunt game. Located at the historic Quincy Market, Cashunt is modeled after the Amazing Race game as seen on TV. In chaperoned teams, you will compete with other groups to find and take pictures of funny actions, historic landmarks, mysterious symbols and even hidden gold coins! This hilarious and action-packed game will conclude with an award ceremony, gifts for the winning team, and if your team scores really high, an invitation to return and compete in their champions' tournament. Before this amazing race begins, we will stop for a picnic lunch at Boston Commons and splash around in the Frog Pond. Make sure to bring a bag lunch/lunch money and money for dinner.

Lake Compounce

Date: Tuesday, August 3

Time: 10:00am – 7:00pm

Grades: 4-12

Fee: \$21.00

Whether it's chills or thrills that make you happy, Lake Compounce has the best of both, and then some! Play all day on rides like Boulder Dash, Zoomerang and Thunder n' Lightning. Chill near the lake in Anchor Bay, Clipper Cove and Mammoth Falls! We'll be keeping cool in the water park, so don't forget your swimsuit and towel! The park will not allow you to bring lunch in, so make sure you have spending money for lunch and lockers. FREE SODA/WATER ALL DAY! Students in grades 4-6 will be in chaperoned groups. Students in grades 7-12 will be using the buddy system and will be required to check-in with staff at set times during the day so sign-up with a friend if you can.

Just Zip It!

Date: Thursday, August 5

Time: 8:30am – 3:00pm

Grades: 6-12

Fee: \$30.00 (Bring a bag lunch or money for the café)

Have you ever wondered what it would be like to fly from treetop to treetop? If so, we have the closest thing to an answer short of growing wings! We will go to Empower in Middletown for a day of towering bridges, challenging cargo nets, and flying down the largest and fastest zip lines in the northeast! With state-of-the-art equipment and knowledgeable guides, safety is always first at Empower. However, fun is sure to be a very close second after this thrilling and exciting day. To cool down afterwards, we will travel to Lyman Orchards for a picnic lunch and a walk through their amazing sunflower maze. Bring a lunch or money for their delicious café and store.

This trip requires an additional waiver to be completed



Farmington River Tubing

Date: Tuesday, August 10

Time: 10:00am – 3:30pm

Grades: 6-12

Fee: \$15.00

TOO COOL AND TOO RELAXING! Farmington River Tubing will put you and your friends in river tubes for a 2.5-mile ride down the wild and scenic Farmington River. What a way to cool down on a hot summer day! We'll be floating down the picturesque and calm water route while catching some sun and relaxing. Be ready for some excitement! Traveling over three sets of rapids, you'll experience a thrill as you splash through the white water. Tubing is for swimmers only and participants must be at least 4 feet 5 inches tall. Be sure to bring a bag lunch, towel and a change of dry clothes and extra sneakers or sandals that you can wear in the water.

This trip requires an additional waiver to be completed

Chillin' and Grillin'

Date: Tuesday, August 17

Time: 9:30am – 4:00pm

Grades: 6-12

Fee: \$18.00

Join us for a day of chillin' and grillin' at Breezy Picnic Grounds and Waterslides. We'll spend the day swimming in the crystal-clear Whitins Reservoir, riding the waterslides and enjoying the culinary delights of Chef Mike. There's a sandy beach for just relaxing and a game room too! Includes unlimited rides on three 300' waterslides and a BBQ lunch. You can bring extra money for the snack bar and arcade room if you'd like. Don't forget your towel and sunblock.

Beach Kayaking

Date: Thursday, August 19

Time: 9:15am – 4:00pm

Grades: 7-12

Fee: \$22.00 (Bring a bag lunch in a waterproof container)

Do you love the beach, kayaking and ice cream? Well this trip is perfect for you because you can have all three! We will take a ride to Narragansett for a fun filled day of paddling, swimming, and eating waffle cones! We will first kayak down the beautiful Pettaquamscutt Cove and Wildlife Reserve to the mouth of the ocean. We will then get out of our kayaks for a picnic lunch on the beach. Make sure to bring a bathing suit as we will have time to splash around in the ocean after lunch. After we kayak back to the vans, we will travel to what Val describes as "the best ice cream I've ever had!"

This trip requires an additional waiver to be completed



sign up now for

JAZZERKAMP

The week of fun will include:
Daily exercise, dance training, cheerleading, nutrition education, healthy snacks, free Jr. Jazzercise water bottle, and a performance on Friday at noon.
Fun and friendship! Ages 6 to 10.

\$106 with tax for 5 days, or \$26.50 each day for individual days. 20% sibling discounts available.

At the
Colchester Federated Church
Mon. June 21 - Fri. June 25, 2010
9 am - noon

Space is limited! Register Early By Calling Grace At 860-537-2647

junior jazzercise

Don't miss the HOTTEST KAMP of the summer



State of Connecticut
Department of
Children & Families



"WHEN A CHILD NEEDS CARE... BE THERE!"
FOSTER HOMES AND SPECIAL NEEDS ADOPTIVE HOMES ARE NEEDED FOR CHILDREN OF ALL AGES
If you are interested in this DCF Program, Come to an OPEN HOUSE/INFORMATIONAL MEETING!

Wednesday June 2, 2010 7:00 p.m. DCF 2 Courthouse Square Norwich, CT	Monday June 7, 2010 7:00 p.m. Groton Public Library 52 Newtown Road Groton, CT	Tuesday June 15, 2010 7:00 p.m. Waterford Public Library 15 Rope Ferry Road Waterford, CT
Monday June 28, 2010 7:00 p.m. Youth Services Bureau 289 Norwich-NL Tpke. Uncasville, CT	Wednesday July 7, 2010 7:00 p.m. Colchester Town Hall 127 Norwich Avenue Colchester, CT	Tuesday July 13, 2010 7:00 p.m. Youth Services Bureau 289 Norwich-NL Tpke. Uncasville, CT

For more information call 860-886-2641 or 1-888-KID-HERO
www.ct.gov/dcf

Intergenerational Programs



Youth & Social
Services

Colchester **CONNECTION**

Intergenerational Programs

Intergenerational programs have been shown to have great benefits for participating children, adults and their communities. The programs provide role models for children and gives them an opportunity to form stable relationships with adults on a regular basis. It helps them to have a positive attitude and empathy for adults and senior citizens and provides them with an opportunity to learn from the wisdom and experience offered by the adults. The children also bring joy, enthusiasm and an opportunity for social contact and new relationships. Intergenerational groups help communities by fostering communication and improving opinions between various age groups while enhancing community spirit. Children and Senior citizens have been working together since 1998 as members of the Green Team.



Green Team

Dates: Wednesdays, June through August 18

Time: 3:30pm – 4:30pm during the school year

1:00pm – 2:00pm on half days of school

10:00am – 11:30 during summer vacation

Grades: 3-8

Fee: None

The Green Team Celebrates its 12th year, and wins a 2010 Youth Garden Grant.

This program began with one, small flower garden and has grown to include several large gardens with veggies, herbs and flowers. This year the group was selected from over 1000 kids gardening programs to receive the National Gardening Association's 2010 Youth Garden Grant and a \$500 gift card to Home Depot. In addition to Youth Services and Senior Center staff, Certified Master Gardeners from UCONN's Extension Service volunteer their time to teach interesting information and hands on gardening activities. Meetings are held once a week at the Senior Center where members learn from each other and have fun working side by side in the gardens. On rainy days, the group works on related craft activities. There is an annual field trip and end of season block party where friends and family of the Green Team are treated to a lunch featuring foods made from produce raised in the gardens. Members donate vegetables to patrons of the Senior Center and also take home vegetables, flowers and plants that they have raised. You don't have to know anything about plants to join the Green Team. We're happy to have anyone join us who is interested in a rewarding summer program.

**Check Out Our
Extensive Menu
for the Bambinos!**

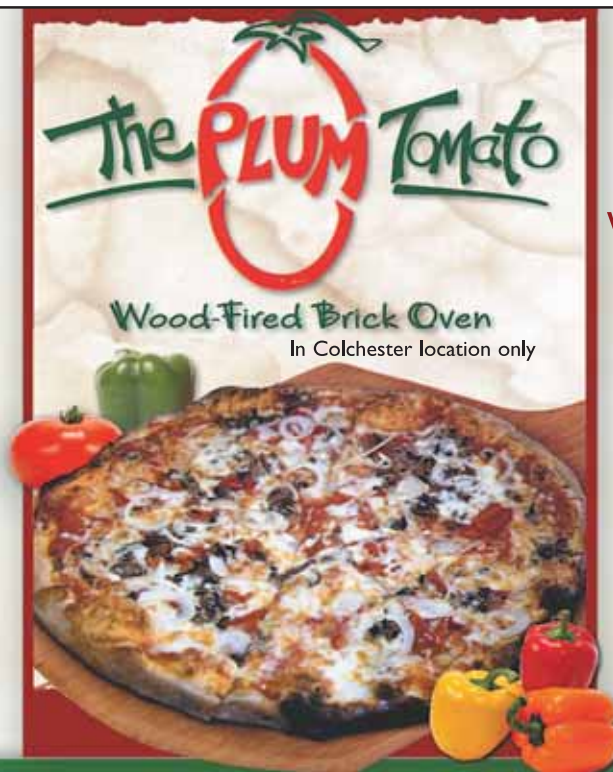
**Including Kids
All You Can Eat
Pasta Only**

\$2.99 +tax

(10 years and under)

Available Sunday–Thursday 4-9

**Food So Good,
It's Addictive!
Please Eat
Responsibly!**



**Visit our new
website at:**

www.theplumtomato.com

Featuring our

- Complete Menu
- Weekly Cravings
- Field Trips/
Birthday Parties
- Catering
Information

275 S. Main St. • Colchester • 860-537-3996 • 1 New London Rd. • Salem • 860-892-5295

(Menu Varies for
Salem Location)



Social Services

Colchester Youth & Social Services provides a coordinated system of programs and services designed to improve the quality of life for the youth, families and individuals in Colchester. The services provided include:

Applications and Referrals – Assistance filling out applications and forms for programs such as food stamps, medical assistance (HUSKY/Title 19), and Social Security Disability. Referrals to other programs are also provided.

Back-to-School Supplies – Each fall, children can receive school supplies such as back packs, notebooks, pencils and pens and other needed classroom supplies. Families can also request additional items throughout the year to replace exhausted supplies. Most of the school supplies are generously donated by members of the community.

Energy Assistance – Social Services serves as an intake site for the CT Energy Assistance Program which is administered by TVCCA in Norwich. The program provides qualified residents with heating, gas and electric bill assistance. Social Services also coordinates with Operation Fuel and Project Warm Up to help keep families warm during the winter months.

Food Bank - provides balanced meals for individuals and families. Residents are asked to access the Food Bank once a month or more frequently in emergency situations. Boxes are packed according to family size and include nutritious items to help families supplement their grocery budgets.

Fuel Bank - The Colchester Fuel Bank is funded entirely by donations from generous community members. The Fuel Bank makes it possible for residents in need to receive small oil deliveries during the winter months to cover the gap between other heating delivery programs.

Holiday Dinners – In collaboration with the Colchester Rotary and Lion's Clubs, families in need can receive Thanksgiving and Christmas baskets with all the foods for a wonderful holiday meal. These local civic groups coordinate with Social Services to ensure that anyone needing a holiday dinner will receive one.

Personal Hygiene Supplies – Items that cannot be purchased with food stamps are donated for residents who access the Food Bank. In addition to personal hygiene items, soap, shampoo, laundry detergents and paper goods are also available.

Santa Anonymous – Parents can ask to have their children receive gifts and a visit from Santa thanks to the generosity of the many residents who donate, organize and carryout this program.

Donations – We are very appreciative of the tremendous generosity of Colchester residents. Without the monetary donations, contributions of goods, and the many volunteer hours given, we would be unable to offer residents the variety of needed services that we provide. Unfortunately, due to the lack of space we are unable to accept certain items. If you wish to make donations, but are unsure if we can take them, please give us a call.

Accepted Donations

Diapers
Health and beauty products
Non- perishable food items
Paper goods – toilet paper, tissues
Personal hygiene items
School Supplies
Soap and laundry detergents

Unaccepted Donations

Bedding
Books
Car seats
Clothing
Furniture



Local agencies that take donations

Goodwill Industries

Norwich, 860.204.0018

Appliances, clothing, electronics, furniture

Madonna Place

Norwich, 860.886.6600

Books, some children's items

Salvation Army

Willimantic 860. 423.0977,

Norwich 860.889.2329

Clothing, electronics, books, toys, household furnishings

WAIM – Windham Area Interfaith Ministries,

Willimantic 860.456.7270

Clothing, household goods and furniture





Parent and Family Support

At Youth Services, we know that raising kids who are healthy and well-adjusted is the hardest job on earth. If you should find yourself in a family situation that seems unmanageable, please call us. We provide:

- Referrals to other public and private agencies to help with mental health issues, out-of-control kids, substance abuse treatment, domestic violence, or any other issues your family may be facing.
- A lending library with some of the newest and most popular books on parenting that offer insight into the various stages children and teens go through.

Some of the books available include:

"Get Out of My Life! But first could you drive me and Cheryl to the mall?" – A parent's guide to the new teenager

Setting Limits with Your Strong Willed Child

When we're in Public, Pretend You Don't Know Me –Surviving your daughter's adolescence so you don't look like an idiot and she still talks to you

"You're Grounded Till You're Thirty!" –What works and what doesn't with today's teens

"Trust Me Mom – Everyone Else Is Going!" –The new rules for mothering adolescent girls

- Free brochures and pamphlets on substance abuse, suicide, stress, eating disorders, and hundreds of other topics.

• Parent Education – at different times during the year, we offer parenting seminars on a variety of topics of concern to parents/care givers. If there is a subject you would like to see addressed, please let us know.

Youth Employment

Hire a Youth – This program matches area youth with potential employers. Youths age 12 – 18 complete a registration form that is also signed by a parent or guardian. On the form, the student checks off the type of jobs he/she is interested in doing such as yard work, painting, office work, store work or taking care of pets. After the application is approved, the student's name is put on file. Residents who need help with various jobs, call us and are then given the names of students who are interested in doing that type of work. The youth and the employer decide on the fee that will be paid for completing the work. Please call us if you need someone to help you with chores or if you would like to apply for the program.

Babysitter Board – We provide a swap board in our office for parents looking for babysitters and for babysitters who are looking for employment. Parents can come in and post their requests and also pick up information that babysitters have posted. Teens can post their experience and information about themselves for parents and can also pick up information that parents have posted on the board. You must come in to utilize the swap board. We cannot make referrals or give information over the phone.

Summer Youth Employment and Training Program 2010 – This program provides eligible youth with an opportunity to gain valuable working experience during the summer. In order to be eligible, youths must:

1. be ages 14-21
2. be eligible for free or reduced lunch or be a foster child
3. have an additional barrier to employment.

Applications are available in the office or you can call us for more information.

Workplace Rules for Kids – The Connecticut Department of Labor has provided information for kids who want to work. A few rules are listed below, but more details can be found on the D.O.L. website, www.ctdol.state.ct.us

If you are 16 or 17 years old some of the places you can work are retail, restaurants and hairdressing salons. Working papers are required and can be obtained at the Guidance Office at Bacon Academy. Students can work 6 hours a day on school days and 8 hours on week-ends.

If you are 14 or 15 years old some of the places you can work are farms, banks, offices and camps. You cannot work more than 3 hours a day on school days and 8 hours a day on non-school days.





Youth Services' Advisory Board

The Youth Services Advisory Board is charged with the mission of advising and making recommendations on overall policy and program direction for the Bureau. The Advisory Board is comprised of youths, parents, school representatives, Town officials, and concerned citizens.

Responsibilities of the Advisory Board include:

- Resource development/fundraising
- Public Awareness of Youth Services
- To educate, encourage, and aid the community in recognizing its responsibility and role in the alleviation and solution of social problems involving youth.
- Advocate on behalf of policies and services that promote the healthy development of children and families.
- Provide an example of community involvement and volunteerism to our youth.

We are actively seeking new members! Our goal is to recruit at least five new members who are parents of kids who participate in our programs. Please consider volunteering. Advisory Board membership is constituted by the State Department of Education. If you are interested in becoming a member of the Board, call our office. Meetings are held on the first Wednesday of every month (except July and August) from 5:30-7:00 p.m. at the Youth Center, 40 Norwich Ave.

Youth FIRST!

Youth Services' Local Prevention Council is now Youth FIRST! (Fostering Independence, Resilience, Self-Esteem and Teamwork among Colchester Youth). Youth FIRST is a group of concerned and committed members of the community who meet monthly to increase public awareness focused on the prevention of drug and alcohol abuse. Members include: teens, parents, school representatives, clergy, business owners and town officials. The Youth FIRST coalition is funded by a grant through the Department of Mental Health and Addiction Services. One of the programs supported by this grant is the Friday night drop-in program for High school students. Currently, our most pressing and timely challenge is building a stronger, more effective and permanent council that truly reflects our community.



Youth FIRST! is currently seeking youths, parents and concerned community members to join us in helping fulfill our mission. We meet at the Youth Center on the 3rd Tuesday of the month from 5:30-7 PM. Please contact us with any questions or for more information.

The question remains....

who will solve the problem of youth alcohol and drug use in our community?

The answer is... All of us, together.

Members Include:

Chris Bennett
Brittany Berube
Deanna Bouchard
Shirley Ellis
Kristen Francis
Valerie Geato
Barbara Gilbert
Aaliyah Gonzalez
Christine Miskell
Eli and Beth Ojeda
Ofc. Rob Suchecki

Juvenile Review Board

The Juvenile Review Board (JRB), in conjunction with local and State police, offers meaningful alternatives to the Criminal Justice System and works to reduce the number of repeat juvenile offenders in Colchester. These alternatives are aimed at promoting responsible behavior and solving problems that may be at the root of the behavior. The Review Board will attempt to develop personalized intervention strategies that facilitate solving the problems of the youth and his/her family and promote responsible behavior.

These alternatives will include, but not be limited to: counseling, family counseling, restitution, community service, and educational programs.

Referrals are made by the police, school administrators and in some cases, parents.

Who is eligible for the JRB?:

Youth (16 and under) who are first time offenders; have no prior JRB involvement; and are willing to take responsibility and consequences for their actions.

Offenses include:

- **Delinquency Offenses**— a misdemeanor offense, or a violation of a local or municipal ordinance
- **Family with Service Needs**—a child with no prior record who ran away from home; was beyond control of the parent/guardian; engaged in indecent or immoral conduct; is truant with four or more unexcused absences from school in one month or ten in one year or was defiant of school rules



M.J. SULLIVAN



HYUNDAI



BUICK



CHEVROLET



CADILLAC

CORNER OF BROAD & COLMAN STREETS, NEW LONDON CT
860.443.8432 • WWW.MJSULLIVANAUTO.COM



FAMILY PIZZA
RESTAURANT & GRILL

*"There's nothing like
dinner with the Family!"*

296 South Main St.
Colchester, CT
537-3441

Established 1978
Open 7 Days A Week
FamilyPizzaCT.com

"JUST LOOK FOR THE LOG CABIN"



**Breakfast
Lunch
Dinner
Pizza
Catering
Gourmet
Desserts!**



**Serving a large
selection of beer,
wines & cocktails**



**Now Serving
Thin Crust
Brick Oven
Pizza**

HOMEOWNERS • PERSONAL AUTOMOBILE • PERSONAL UMBRELLA • BONDS • MOTORCYCLES • WORKER'S

55827

RECREATIONAL VEHICLES/BOATS • BUSINESS AUTOMOBILE

**Customer
Service
Always Our
#1 Priority**



**We represent multiple insurance companies
For All Your Insurance Needs**




COMPENSATION • CONTRACTORS LIABILITY • LIFE AND HEALTH

Gerhardt Insurance Agency

176 Norwich Avenue, P.O. Box 169, Colchester, CT 06415
Phone: 860-537-4661 • Fax: 860-537-5110
www.gerhardtinsurance.com

55827

DWELLING UNDER CONSTRUCTION/BUILDERS • COMMERCIAL LIABILITY • COMMERCIAL PROPERTY



860-531-3232

464 South Main St.

“Colchester’s Place”

For

**Unique American
Cuisine**

Served Fresh Daily

Steak & Seafood

OPEN NOW

www.gilbertiesplace.com

“From Our Family To Yours.”

White Oak Farm

A Beautiful "Green" Community

"White Oak Farm is a new "Green" Community of beautiful homes surrounded by a 260 acre land preserve. A perfect balance of open space and a freindly neighborhood."



We build homes that are so energy efficient, you will never pay a dime for heating or cooling.....we guarantee it.

www.CTgreenhomes.com

Because our homes are so energy efficient, you will receive over \$20,000 in Federal and State rebates & tax credits

Solar Electric



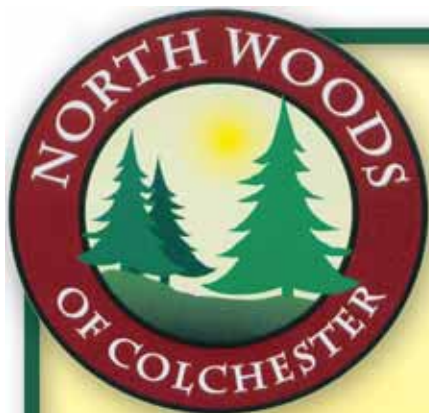
Geothermal Heat



- Powered by Solar.
- Heated w / Geothermal.
- 2,000 to 3,500 sq. ft.
- 1-3 Acre Lots.
- Prices start at \$450,000.
- Colonials/Capes/Ranches.
- **ENERGY STAR** homes.

860-729-2780

520 Lebanon Ave, Colchester, CT



AN ACTIVE ADULT COMMUNITY

North Woods of Colchester

At North Woods we offer more than an active adult community - *"We offer an Exciting Carefree Lifestyle"*

Take a Tour Today!

***Come see what all the
Excitement is all about!!!***

"I can't believe how beautiful my home is, this is more than I expected" - *D.S., Colchester, CT*

"This is the best constructed home we've seen and we've seen them all" - *J.Jr., Hebron, CT*

"I love your units and the site layout, you definitely have given a lot of thought to this development" - *J&B, Clinton, CT*

"We love our cozy new home at North Woods. Found everything we were looking for right here, quality and style. My dream kitchen is a reality!" - *B&J, North Woods*

"We would like to thank you for the wonderful experience we had in purchasing our new home at North Woods... we promise to be your best marketing agents for anyone who is interested in North Woods!" - *D&B, North Woods*

THE ASH



Prices Starting at \$289,900

THE BIRCH



North Woods of Colchester is Southeastern Connecticut's premier active adult community.

Our detached homes are surrounded by the beautiful woodlands of Southeastern Connecticut. The neighborhood design consists of open spaces, walking trails, unspoiled woodlands and a Community Center. There are 8 models to choose from with prices between \$289,900 to \$345,900. All homes include attached garages. First Floor Master Suites, 9 foot Ceilings and Central AC - this is the *Lifestyle* you've been looking for.

**Route 16 Lebanon Ave.,
Colchester**

Rt 2 to Exit 18. Right on Rt 16 East to
Northwoods of Colchester. 1.5 miles on left.

Open 7 Days A Week, 11-3PM

CALL US TODAY AT

1-860-707-4353 or 860-537-5338



**Visit us online at www.NorthWoodsofColchester.com
email us at: northwoodllc@att.net**